



## North Atlantic Figure Skating Club Learn to Skate Program

PO Box 6052, Falmouth, ME 04105 \* 207-781-5058

www.northatlanticfigureskating.org \* northatlanticfsc@gmail.com

Coach Kristin Andrews, Skating Coordinator \* scnafsc@gmail.com



# LEARN TO ICE SKATE

(Beginner—Advanced)

Early Fall 2019 Session

September 12, 2019 — October 10, 2019

REGISTRATION DEADLINE: September 5, 2019

**BRING A BUDDY**  
9/19/19 AND  
10/3/19!!

**RETURNING FOR  
EARLY FALL 2019  
SESSION:  
LEARN TO SPEEDSKATE!**



## Welcome to the NAFSC Learn to Skate USA basic skills badge program!

Designed by U.S. Figure Skating, the Learn to Skate USA Program is a top-quality beginning ice skating program serving the needs of both recreational and competitive skaters. The North Atlantic Figure Skating Club (NAFSC) offers Learn To Skate USA program classes September through June, a summer LTS fun program, and year round ice for figure skating.

Skaters who participate in the Learn to Skate USA Program will learn new and exciting maneuvers and will be tested as they progress through the program. Skaters will receive Learn to Skate USA (basic skills) membership, an official Learn to Skate USA record book to track progress through the program, sport accident insurance, a parent handbook, a Learn to Skate USA magazine filled with helpful information about all aspects of skating, and a certificate and badge or a skills report card and ribbon at the end of each session.

Visit [www.learntoskateusa.com](http://www.learntoskateusa.com) for more information about the Learn to Skate USA basic skills badge program.



### Classes Offered for Early Fall 2019 Session:

- \*Snowplow Sam 1-4 (ages 3-5)
- \*Beginner/Basic 1-6 (ages 6 and up)
- \*Pre-Free Skate-Free Skate 6 Elements
- \*Transition Program for Pre-Free Skate to Free Skate 6:  
(For skaters in Pre-Free Skate through Free Skate 6. Instruction on programs to music incorporating learned elements. Learning higher level disciplines such as dance/moves in the field; Teach skaters how to navigate busy freestyle sessions and proper ice etiquette. Corresponding elements class is a pre-requisite.)
- \*Axel Curriculum:  
(For skaters currently in Free Skate 6 (LTS) or working on axel element. Includes on-ice and off-ice training!)
- \*Skating Skills:  
(MUST HAVE PASSED FREE SKATE 5—improve your skating technique with numerous exercises to enhance skating skills for overall skating quality, edge control, and flow over the ice surface)
- \*Adult 1-6
- \*Power Skating for Hockey Players
- \*Dance—Pre-Bronze through Silver
- \*Synchro Skills
- \*Spin Clinic:  
(For skaters in Free Skate 5 and higher)
- \*Learn to Speedskate!:  
(Join Great Atlantic Speedskating to learn the exciting sport of short track speedskating. Open to ages 8 and up. Skates provided. Register early to reserve skates and to receive program information. Helmets and gloves required; soft knee pads highly recommended. No jeans or cotton pants. Wear layers and bring a non-metal, non-glass water bottle.)

### IMPORTANT INFORMATION

- ◆ **Registration Deadline is 9/5/19.** A \$10 late fee will be assessed per skater for registrations after this deadline.
- ◆ **There is no open practice ice available during Thursday LTS.** All skaters utilizing ice during LTS days **must be registered in a class.** Private lessons may be scheduled during a skater's class practice time.
- ◆ Make checks payable to **NAFSC.** Credit/debit cards accepted. **There will be a 3% convenience fee assessed to any credit/debit card transaction processed on the square in the NAFSC office.**
- ◆ Sibling discount: \$10.00 off one registration. **Only one discount per family.**
- ◆ Class registrations for Snowplow Sam through Free Skate 6, Synchro Skills, Adult 1 -6, Axel Curriculum, Power Skating for hockey players, and Learn to Speedskate! **will not be pro-rated.**
- ◆ Specialty classes (spin clinic, skating skills, dance) may be paid per class with permission from the Skating Coordinator. Walk on rate owed at time of class.
- ◆ **We strongly encourage online registration and payment.** If you choose to use paper registration and/or offline payment, please drop paper registrations/offline payments in the drop box outside the NAFSC office or mail to NAFSC, PO Box 6052, Falmouth, ME 04105. **DO NOT LEAVE FORMS/PAYMENTS IN THE OFFICE/ON THE DESK/ETC. ALWAYS PLACE IN THE DROP BOX OUTSIDE THE OFFICE TO AVOID BEING LOST OR MISPLACED.**
- ◆ **IN THE EVENT OF SEVERE WEATHER:** Cancellations will be posted on Channel 8 WMTW, WCSH Channel 6 the club voicemail, the NAFSC website, and the NAFSC Facebook page.

# NAFSC LTS Early Fall 2019 Registration

REGISTRATION FORM (PLEASE PRINT) - ONE FORM PER SKATER PLEASE

Skater's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Skater's Age: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Email (please print legibly): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Male Female US Citizen: Yes No If not US Citizen, list Country of citizenship: \_\_\_\_\_

Emergency Name and Phone: \_\_\_\_\_

Special Needs or Concerns: \_\_\_\_\_

Highest level passed: Basic Skills \_\_\_\_\_ Dance \_\_\_\_\_ MIF \_\_\_\_\_ Free Skate \_\_\_\_\_

## Thursday (5 weeks): September 12—October 10, 2019

*Please circle classes you wish to sign up for:*

4:00-4:50pm Snowplow Sam 1-4 (ages 3-5) [4:00-4:25 lesson; 4:25-4:50 practice]	\$100.00
4:00-4:50pm <b>Beginner, Basic 1-6 (ages 6 and up)</b> [4:00-4:25 practice; 4:25-4:50 lesson]	\$100.00
4:25-4:50pm Spin Clinic [Must be Free Skate 5 or higher]	\$ 50.00
4:50-5:40pm <b>Pre-Free Skate—Free Skate 6 Elements</b> [4:50-5:15 PFS—FS3 lesson; 5:15-5:40 PFS-FS3 practice] [4:50-5:15 FS4-FS6 practice; 5:15-5:40 FS4-FS6 lesson]	\$100.00
4:50-5:40pm Dance (Pre-Bronze—Silver) [4:50-5:15 PB/B lesson; 5:15-5:40 PB/B practice] [4:50-5:15 PS/S practice; 5:15-5:40 PS/S lesson]	\$100.00
4:50-5:40pm <b>Axel Curriculum</b> [4:50-5:10 off-ice, 5:15-5:40 on ice]	\$100.00
5:40-6:05pm Transition Program Pre-FS-Free Skate 4 [Elements Class is a pre-requisite]	\$ 50.00
5:40-6:05pm <b>Synchro Skills</b>	\$ 50.00
5:40-6:05pm Skating Skills [Must have passed FS5]	\$ 50.00
6:15-6:40pm <b>Transition Program Free Skate 5 &amp; 6</b> [Elements class is pre-requisite]	\$ 50.00
6:15-7:00pm Adult (Beginner, Adult 1-6) [6:15-6:40 lesson; 6:40-7:00 practice]	\$ 90.00
6:15-7:00pm <b>Power Skating for Hockey</b> [6:15-6:40 lesson; 6:40-7:00 practice]	\$ 90.00
6:15-7:00pm Learn to Speedskate!	\$ 80.00

## REGISTER ONLINE AT NAFSC UPLIFTER SITE!

Go to <https://northatlanticfs.uplifterinc.com> to register for **2019 Early Fall LTS**.  
(See Uplifter How-To Guide for details)

### Class/Equipment information

- \*NO double runners. We discourage expandable blade skates.*
- \*Skates should be fit with a thin sock. Skater's ankles should not be falling over in skates-Ankle support is very important. Tie skates tight in foot bed from top of toe to the beginning of ankle, then not as tight at the top of the ankle.*
- \*Ski/sport helmets are required for all skaters 3-5 years old. NAFSC and Family Ice Center do not provide helmets for rent.*
- \*Mittens or gloves required. Dress in warm layers.*
- \*Skate blades should be dried with towel after each use and covered in a terry cloth cover/towel between sessions. Hard guards should be used to cover blades while walking around.*
- \*Skates should be sharpened approximately every 22-30 hours of use and if skates have not been used in over nine months. Skaters will feel the blades sliding when they need to be sharpened. New skates also need to be sharpened.*
- \*Info for Learn to Speedskate! Open to ages 8 and up. Skates provided. Register early to reserve skates and to receive program information. Helmets and gloves required; soft knee pads highly recommended. No jeans or cotton pants. Wear layers and bring a non-metal, non-glass water bottle.*

### Per class walk-on rates for specialty classes:

Spin Clinic	\$11
Ice Dance	\$21
Skating Skills	\$11

During the course of the year, NAFSC may wish to use photographs and/or videos of skaters in advertisements and publicity, on the website, in general media releases, in the ice show promotions and program, etc. If you wish to restrict use of photos/videos/name/etc. in any way, please submit restrictions to this permission in writing to the NAFSC office. If no restrictions received, it will be assumed you are ok with use of any media by us.

Class registration total: \$ \_\_\_\_\_

Sibling Discount (One per family): \$ \_\_\_\_\_

Late Fee (add if after 9/5/19): \$ 10.00

**TOTAL ENCLOSED: \$ \_\_\_\_\_**

**Liability Waiver:** In consideration of my child enrolling in the program, I agree to indemnify and hold harmless the Learn To Skate USA program; North Atlantic Figure Skating Club (NAFSC); and Family Ice Center and all of its officers, agent servants or employees and participants from all claims, loss liability, damage and expense which may in any way arise from my child's participation in the Learn To Skate USA program. I further understand that there will be no make-up classes or refunds given for classes unattended by the student, and that the instructors may be changed without prior notice.

Parent/Guardian (Print Name): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_