

REFUND POLICY

1. NO refunds will be issued without a doctor's note.
2. ALL refunds will be subject to a \$15.00 bookkeeping fee
3. All fees for classes cancelled by the Skating School will be refunded in full.

Skating School Enrollment CONTRACT

1. The Skating School reserves the right to change the day and/or time of class lessons.
2. A minimum of 5 students must register for each class or the class may be cancelled.
3. Students who cannot attend a regularly scheduled class may take a make-up class, provided it is before the end of the current semester. Some classes may not have make-up classes available.
4. NO refunds or credits will be made for absences or classes missed by the students.

RELEASE: In consideration of the Participant being permitted to register and participate in ice skating at Skate Frederick LLC we do hereby forever release and discharge its Directors, Coaches, Agents, Employees and any person or corporation connected herewith from all manner of action, injury, damages, costs, claims or demands which we shall or may hereafter have suffered or received by reason of such participant in any program at the center. The release shall be binding on our heirs, assigns, executors and administrators. It is further agreed that Skate Frederick shall not be considered to guarantee or warrant such equipment as may be used in the conducting of said ice skating activity. Skate Frederick LLC reserves the right to use any pictures taken during the skating activity for advertising and/or promotional purposes.

I HAVE READ AND UNDERSTOOD ALL THE INFORMATION PRESENTED IN THIS BROCHURE.

Signature _____

Date _____

If skater is under age 18, parent/guardian signature is required.

BASIC SKILLS CLASS DESCRIPTIONS

SAFETY HELMET SUGGESTED FOR 3-5 YEAR OLDS!

Safety helmets should not be aerodynamic!

ICE BABIES: (3 yrs.—beginner class) Introduction to the ice for 3 year olds. This class is designed for young children to help them become comfortable in their skates as well as standing independently on the ice. Fun and games are used to learn proper way to get up, and move unassisted on the ice.

SNOWPLOW 1 (4-5 yrs. — beginners class)
Standing, proper way to fall, proper way to get up, marching in place, marching forward, march then glide, dip in place.

SNOWPLOW 2 (4-5 yrs. —with completion of Snowplow 1)
March with long glide, moving dip, one forward and one backward swizzle, forward two foot swizzles, two foot hop, backward wiggles.

SNOWPLOW 3 (4-5 yrs. — with completion of Snowplow 2)
Forward skating, forward on-foot glides, forward and backward swizzles, snowplow stop, forward slalom pattern

BASIC 1 (6 yrs. and above — a beginners class):

March forward across ice, two foot glide, glide forward dip, forward and backward swizzle action, two foot swizzles, snowplow stop, two foot hop, backward wiggles.

BASIC 2: (with completion of Basic 1)

Forward one-foot glides, forward slalom, backward two foot swizzles, backward two foot glide backward slalom, two foot turn from forward to backward, moving snowplow stop.

BASIC 3: (with completion of Basic 2)

Striking showing correct use of blade, forward and backward one foot swizzles on a circle, backward one foot swizzles on a circle, moving forward to backward two foot turns, backward glide on one foot, two foot spin (2 revolutions)

BASIC 4: (with completion of Basic 3)

Forward outside edge on a circle, forward inside edge on a circle, forward crossovers, forward outside three turn from T-position, backward snowplow stop.

BASIC 5: (with completion of Basic 4)

Backward outside edge on a circle, backward inside edge on a circle, backward crossovers, one foot spin (3 revolutions), T-stop with outside edge skid, side toe hops.

BASIC 6: (with completion of Basic 5)

Forward inside three-turn from T-position, moving backward to forward two foot turn, hockey stop, bunny hop, forward spiral on straight line, forward lunge.

BASIC 7: (with completion of Basic 6)

Forward inside mohawk from T-position, backward outside to forward outside transition, ballet jump, backward crossovers to outside edge, scratch spin.

BASIC 8: (with completion of Basic 7)

Forward outside and inside three-turn on circle, waltz jump, mazurka, combination move, forward inside pivots.

FREESKATE 1: (with completion of Basic 8)

Advanced forward stroking, forward outside/inside edges, scratch spin, waltz jump, half flip, advanced backward outside three-turns.

FREESKATE 2: (with completion of Freeskate 1)

Backward outside and inside edges, waltz jump, side toe hop, forward outside and inside spirals, toe loop, waltz threes, progressive chasse, begin back spin.

FREESKATE 3: (with completion of Freeskate 2)

Forward and backward crossovers in figure eight, salchow, swing rolls, half lutz, backward inside three-turn, waltz eight, jump combination

ADULTS: On-ice instruction will teach balance, forward stroking, one-foot glide, swizzles and more. Join others who are taking this challenge for the first time and learn a skill that will last a lifetime.

BASIC HOCKEY : Hockey helmet with cage required

4-5 yrs. old—MUST HAVE completed Snowplow 1, 2 and 3

6 yrs. old & above: MUST HAVE completed Basic 1 and 2

This class is designed to teach the student basic hockey skating techniques and gain confidence in hockey skates. This class prepares the student for Learn to Play Hockey Program.

SKATE FREDERICK'S SKATING ACADEMY

Nationally recognized PSA
“Excellence on Ice” Training Center



2010 SPRING I SESSION

GROUP LESSON PROGRAM

Classes Begin Week of March 8, 2010

SANCTIONED BY



Skate Frederick Ice Sports & More

1288 Riverbend Way

Frederick, MD 21701

Phone: 301-662-7362

Fax: 301-662-7361

Proper Skating Attire

- Warm clothes (pants, sweatshirt but not ski suits)
- Gloves (Not mittens)
- One pair of thin socks
- Helmets (suggested for Snowplow Sam levels)
- For the first time skater, figure skates are easier to learn in because the longer flat blade provides the skater with more stability. If playing hockey is your goal, the switch to hockey skates may be made after a time of success with figure skates. Please consult your instructor.

First Day of Class!

- Skaters should arrive 10-15 minutes prior to the start of class.
- Pick up skates, name tag and class information at Skate Rental.
- Class Instructors will have welcome packets.
- All Ice Babies, Snowplow 1 and Basic 1 students, please meet your instructor and receive your welcome packet in the assigned locker room.

Lesson Fees Include:

- Twenty five minute lesson once a week for 8 weeks.
- Five minute question and answer session for parents with instructor at the end of each lesson.
- Student membership to USFS Basic Skills Program.
- Basic Skills Record Book with stickers
- Pass card for 8 Public Sessions
- Rental Skates during group lesson time.

Private Lessons

All of our coaches are available for private lessons. Please pick up a copy of our coaches brochure or check with your desired instructor for lesson rates and available times.

For more information
regarding classes

Contact Kelly at 301-662-7362 ext.16
k.orndorff@comcast.net

2010 SPRING I SERIES

PRE-REGISTRATION is required for all classes!

TUESDAY: First Class March 9th - Last Class April 27th

9:30am-10:30am Advanced Adults
10:40am-11:10am Mommy and Me

WEDNESDAY: First Class March 10 - Last Class April 28th

5:30pm-6:00pm
Ice Babies (3 yrs. old)
Snowplow 1 (4 & 5 yrs. old)
Snowplow 2
Snowplow 3
Basic 1 (6-7 yrs. old)
Basic 2 (6-7 yrs. old)
Basic 3
Basic Hockey

6:00pm-6:30pm
Basic 1 (8 yrs. old & above)
Basic 2 (8 yrs. old & above)
Basic 4
Basic 5
Basic 6
Basic 7
Basic 8
Freeskate
Adults

THURSDAY: First Class March 11th - Last Class April 29th

1:30pm-2:00pm Mommy and Me

SATURDAY: First Class March 13th - Last Class May 1st

9:30am-10:00am
Ice Babies (3 yrs. old)
Snowplow 1 (4 & 5 yrs. old)
Snowplow 2
Snowplow 3
Basic 1 (6-7 yrs. old)
Basic 2 (6-7 yrs. old)
Basic 3 (6-7 yrs. old)
Basic 4
Basic 5
Basic 6
Basic 7
Basic 8
Basic 1 (8 yrs. old & above)
Basic 2 (8 yrs. old & above)
Basic 3 (8 yrs. old & above)
Freeskate
Basic Hockey
Adults

GROUP LESSON REGISTRATION

Student Name: _____ Age: _____
Birthdate: _____
Address: _____
City/State/Zip: _____
Phone: (H) _____ (W) _____
Parent's Name: _____
E-Mail Address: _____

CLASS ENROLLMENT

PRE-REGISTRATION is required for all classes!

SPRING I: Begins week of 3-8-2010 ends week of 04-26-2010

DAY CLASS NAME CLASS TIME
Tuesday _____
Wednesday _____
Saturday _____

CLASS FEES

All classes are 25 minute instruction unless otherwise indicated!
With a 5 minute Q & A at end of each class.

_____ \$ 125.00 Tuesday Adult 1 hour Class
_____ \$ 105.00 1st FAMILY MEMBER enrollment
_____ \$ 100.00 2nd FAMILY MEMBER discount

PAYMENT METHOD

Full payment MUST be included with registration!

Cash _____ Check # _____
Visa _____
Exp. _____
Mastercard _____
Exp. _____

PLEASE SIGN SKATING SCHOOL CONTRACT

ON REVERSE SIDE ! Thank You