

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 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, casts, claims or demands which we shall or may hereafter have suffer 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

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)

Stroking 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

Skate Frederick Ice Sports & More
Frederick, MD

Nation-

Center

ally recognized PSA



"Excellence on Ice" Training



2010 SUMMER

BASIC SKILLS
GROUP LESSON SESSIONS

SUMMER II : 4 week session

Classes begin Wednesday, Aug.

4 & 5
US FIGURE SKATING
Basic Skills Program

Skate Frederick Ice Sports & More
1288 Riverbend Way
Frederick, MD 21701
Phone: 301-662-7362 Fax: 301-662-7361
www.skatefrederick.com

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 15 minutes prior to the start of class.
- Pick up skates, name tag and class information at Skate Rental.
- 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 4 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
- Complimentary pass card for 4 Public Sessions
- Complimentary rental skates during lesson time.

Summers Camps

Come join the fun at the coolest places in town for the summer. Camps available for everyone from ages 4 thru adults.

*Visit our website www.skatepediatrics.com
For more information contact
Skating Director, Kelly Brandyoff at
307-662-7362 ext. 16
k.brandyoff@comcast.net*

2010 SUMMER II SERIES

PRE-REGISTRATION required for all classes!

The Skating School reserves the right to change the time of class lessons.

SUMMER II: First Class Aug. 4—Last class Aug. 25

WEDNESDAY CLASSES ONLY

5:30pm-6:00pm	Ice Babies
	Snowplow 1 (4 & 5 yrs. old beginner class)
	Snowplow 2
	Snowplow 3
	Basic 1 (6 & 7 yrs. old beginner class)
	Basic 2
	Basic 3
	Basic Hockey
6:00pm-6:30pm	Basic 1 (8 yrs. old & above beginner class)
	Basic 4
	Basic 5
	Basic 6
	Basic 7
	Basic 8
	Freeskate
	Adults (15 yrs. old & above)

SATURDAY CLASSES RESUME IN SEPTEMBER!

Come skate with us.....

Classes available for all ages and abilities including adults
Call Kelly 301-662-7362 ext. 16 for more details.



GROUP LESSON REGISTRATION

Full payment MUST be included with registration

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

CLASS ENROLLMENT

SUMMER II: Begins AUGUST 4, ends AUGUST 25

SESSION **CLASS NAME** **CLASS TIME**

SUMMER II _____

4 WEEK CLASS FEES

_____ \$ 55.00 1st FAMILY MEMBER enrollment
_____ \$ 50.00 2nd FAMILY MEMBER sibling discount

PAYMENT METHOD

Full payment MUST be included with registration!

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

PRE-REGISTRATION required for all classes!

PLEASE SIGN SKATING SCHOOL CONTRACT