

Please enroll my child in the following:

	Session 1	Session 2	Session 3
Basic Skills	\$110__	\$110__	\$110__
Adult Basic Skills	\$110__	\$110__	\$110__
Intro to Free Style	\$135__	\$135__	\$135__

\$\$ DISCOUNT \$\$
Early registration: Apply a \$10 discount off your total if the registration is received by the Sunday preceding the start of each session.

Less Discount (Early Registration -\$10) - _____
 (No discount given at the door)

Less Multiple Family member discount - _____
 (First family member full price, each Additional family member -\$10)

AMOUNT DUE \$ _____

Assumption of Risk Agreement and Release will be provided upon registration at the rink and will to be read carefully and signed before entering on to the ice. Thank you.

Office use only:

Amt Paid S1_____ S2_____ S3_____

Cash/Check _____

Date _____

Skating Club of Maine
C/o Tanya Quigley
23 North Merrill Rd
Harmony, ME 04942

SKATING CLUB
 OF
MAINE
PENOBSCOT REGION
 2009-2010

Located at:

Sawyer Arena
Bangor, Maine

"Basic Skills"
&
"Introduction to Free Style"

Class Schedules
Director: Tanya Quigley

Endorsed by USFSA and USA Hockey



For more information call:
 Tanya Quigley 683-2178

Quigleys.orchardhillfarm@gmail.com

www.scmaine.org

About Our Group Lessons:

Basic Skills: This program consists of 8 levels (The Basic eight) which include elements that are the fundamentals for the sport of Hockey, Speed Skating, Figure Skating and Recreational Skating. Each level of the Basic Skills program contains different skill elements that must be mastered before advancing to the next level. Upon completion of this program, skaters will have gained the ability to skate forward and backward efficiently, stop and turn, as well as perform crossovers and other footwork with a fair amount of speed and agility. Basic Skills graduates are safe, confident skaters, who are ready to further pursue their interest in Hockey or Figure Skating. "Introduction to Freestyle classes are offered to the skater who would like to continue to learn new skills.

Adult Basic Skills: Equivalent to the Basic Skills classes described above. Class sizes are generally smaller allowing for more individualized instruction. It is a more relaxed atmosphere in which the adult skater can learn the fundamentals of a great sport.

Introduction to Freestyle Class:

This program consists of 6 levels that are designed to introduce the skater to the elements of Figure Skating including jumps, spins, footwork and edge drills. Skaters must have passed level 6 of the Basic Skills Program to enroll in this class. Class is 30 minutes instruction followed by 30 minutes practice.

Booster Lessons: This program is offered for skaters who would like to work individually with a private coach in addition to taking the Basic Skills Instruction. Time is offered from 5:50-6:50pm in 30 minute sessions. Cost per session is \$8 plus coach's fee. Lessons are setup with coach in advance.

IMPORTANT!

NO child under the age of 16 is allowed OFF the ice without adult supervision. Skater may use the restrooms and vending machines. Children must be supervised at all times.

Upcoming Events:

“SKATE YOU HEART OUT”

Basic Skills Competition: Monday, Feb 15th, 2010

DATES: SUNDAYS

(Dates are subject to change)

Session 1: October 25 – November 29 (6 weeks)

Session 2: December 6 – January 24 (6 weeks)
(No classes 12/20 and 12/27)

Session 3: January 31 – March 7 (6 weeks)

Basic Skills 4:40 – 5:40pm

Adult Basic Skills 4:40 – 5:40pm

Classes include both instruction and practice time.

Session 1: \$110 Session 2: \$110 Session 3: \$110

Intro to Freestyle 5:50 – 6:50pm

Session 1: \$135 Session 2: \$135 Session 3: \$135

Classes include a 30 minutes instruction and 30 minute practice.

Booster lessons are available 5:50 – 6:50 pm.
Cost is \$8/half hour plus coach's fee.

Open Freestyle ice is available from 5:50-6:50pm. The skater must be a current member of USFSA or ISI to skate on an open.
Cost is \$15/hour.

Please arrive early to check in the 1st Sunday of each session.

HELPFUL INFORMATION

Skate rentals unavailable

Skates run between ½ to 1 sizes smaller than a street shoe. Skates should be laced firmly to provide support and feel snug WITHOUT a thick sock. Skates should be professionally sharpened.

Clothing: Skaters should dress in loose layers to provide warmth yet maintain flexibility. Mittens or gloves may be necessary. **It is recommended that young children and beginner skaters wear helmets.**

Cancellations: Should the classes be canceled for any reason notification will be put on the local station.

HOW TO REGISTER:

1. Fully complete the form below and on the reverse side of this page. A separate form will need to be filled out for each additional skater. **A waiver will need to be signed by a parent/guardian before skating begins.**
2. Make check or money order payable to:
Skating Club of Maine (SCM)
3. **There are no refunds, without a doctors note.**
4. Returned checks are subject to a \$25 fee.
5. Mail registration(s) to:

Tanya Quigley
23 North Merrill Road
Harmony, Maine 04942

Please print.

Skater's Name _____

Address _____

City, State,
Zip _____

Home Phone _____

Work/Cell _____

Date of Birth _____

E-mail _____

Male / Female

Have you been enrolled in Basic Skills before?

Yes / No

What was the highest level completed: _____
(Registration form continues on the back of this page)

