

**Skating Club of Maine  
Coastal Region  
PO BOX 99  
West Rockport, Maine 04865**

## **Learn to Skate!**

**Skating Club of Maine – Coastal Region**  
**At the Mid Coast Recreation Center, Rt. 90 Rockport**  
Session 1: 1/07 – 11/28 Session 2: 12/2 – 1/23  
Session 3: 1/27 – 3/20

### **Wednesday:**

3:50 - 4:40 Open Freestyle  
4:40 - 5:10 Coach & Me  
4:40 - 5:10 Free Skate Badge 1-6  
5:20 - 5:50 Coach & Me  
5:20 - 5:50 Synchronized Skating  
5:50 - 6:20 Snowplow Sam (ages 4-6)  
5:50 - 6:20 Basic Skills (ages 6 & up)

### **Friday:**

4:10 - 4:30 Power Stroking  
4:30 - 5:20 Coach & Me  
4:30 - 5:20 Intro to Figure Skating  
4:30 - 5:20 Pursuit of Excellence  
4:30 - 5:20 Restricted Freestyle

### **Saturday:**

8:00 – 8:30 Adult Ice Dance  
8:00 – 8:50 Open Freestyle  
8:50 – 9:40 Open Freestyle  
9:50 – 10:20 Coach & Me  
10:20 – 10:50 Coach & Me  
9:50 – 10:50 Adult Basic Skills (Ages 16 & up)  
9:50 – 10:20 Fancy Footwork – NEW!  
10:20 – 10:50 Theatre on Ice – NEW!  
10:50 – 11:20 Snowplow Sam (Ages 4- 6)  
10:50 – 11:50 Basic Skills (Ages 6 & up)

Dec. 5th, 2009 – Celebration on Ice & Skate with Santa  
March 27th, 2010 – Annual Skating Show

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PO BOX 99  
West Rockport, Maine 04865**

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Fax: 207-236-6933  
Email: [coastal@scmaine.org](mailto:coastal@scmaine.org)**

## **SKATING CLUB OF MAINE**

**Coastal Region proudly offers our  
Skating program at:**

MidCoast Recreation Center

## **Skating School Group Lessons**



[www.scmaine.org](http://www.scmaine.org)  
207-236-9400 box 500

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## 2009-2010 Learn to Skate Program

U.S. Figure Skating and the Skating Club of Maine would like to welcome you to the U.S. Figure Skating Basic Skills Program. The Basic Skills Program will help you learn the fundamentals of skating. The program is designed by USFS and endorsed by U.S. Hockey to be a fun, challenging and rewarding Learn to Skate Program regardless if you go on to hockey, figure, or recreational skating.

### Helpful Hints

**Skates-** Skates should fit 1/2 to 1 size smaller than your shoe size. They should be laced firmly to provide support and feel snug without a thick sock. Skates should be professionally sharpened. **Rental Skates are provided free of charge during lesson times on a first come, first served basis.**

**Clothing-** Skaters should dress in loose layers to provide warmth and flexibility. **ALL** skaters should wear mittens or gloves. Helmets are not required, however, we recommend them especially for children under 6.

### EVERYONE MUST CHECK IN WEEKLY!!!

**1st Day of Class, Please arrive 30 minutes early.**

## CLASSES

### Snowplow Sam

Snowplow Sam is a program designed to introduce younger skaters (4-6) to the joys of ice skating. Skills are age appropriate with emphasis on learning through games and song. Classes are 30 minutes long. For an additional \$25.00 fee, a parent may join the snowplow sam skater on the ice. Please contact the director for more information on this option. Helmets are strongly recommended for children under 6.

### Basic Skills

The 8 levels of basic skills are designed to create a well rounded skater. The curriculum is skill based in a natural progression. This method encourages success and motivation. Individual improvement is the number one goal of our talented staff. Classes are 60 minutes long with 30 minutes of lesson and 30 minutes of practice.

### Adult Basic Skills

Promotes overall fitness, improves balance and coordination while mastering the basics of skating. Classes are generally smaller promoting a more relaxed atmosphere. Classes are 60 minutes long with 30 minutes for lesson and 30 minutes for practice. Drop in rate: \$18.00 per class

## BEYOND BASICS

### Free Skate Badge 1 - 6

After passing through the Basic Eights Program, the Free Skate (FS) Badge Program becomes the backbone of further skating instruction. Edges, turns and footwork as well as some basic dance steps combine with jumps and spins to make well rounded figure skaters. Low Freestyle comprises FS Badges 1 - 3 High Freestyle comprises FS Badges 4 - 6 The director will assess new skaters and place them in the appropriate level. Drop in rate: \$11.00 per class

### Adult Ice Dance

Ice dance is an aspect of the sport that emphasizes edges, timing, carriage and unison. Learning the standard patterns of ice dancing are the first stage to falling in love with a challenging part of the world of ice skating that all ages enjoy. To be successful in this class, students should be Adult Basic 3, Freeskiate 1 or by permission of the Director. Drop in rate: \$11.00 per class

### Intro to Figure Skating

This class is designed for the Basic Skills skater who wishes to try jumps, spins and moves in the field. Skaters must be in Basic 6 or obtain permission from the Director. If the student has not completed Basic Skills, they must continue to take the Basic skills classes while enrolled in this class. Adults are welcome with instructor permission. Drop in rate: \$20.00 per class

### Power Stroking/Edges

Learn elements of power, quickness, edge quality and extension while developing stamina. This class is fast paced and challenging for all levels. Requires Intro class, Freeskiate 1, or permission of the Director. Drop in rate: \$10.00 per class

### Pursuit of Excellence

This class is designed for those that have taken figure skating to the next level. Be prepared to work for a full 50 minutes from a guided warm up using Move In the Field patterns and edge work, to in-depth work on jumps and spins. Requires Free Skate 2. Drop in rate \$25.00 per class

### Synchronized Skating

Synchronized skating is a team sport in which 8 – 20 skaters perform together. Elements in “synchro” include blocks, circles, wheels, lines, intersections, moves in the field, moves in isolation, no-hold blocks, spins, jumps and pair moves. We will use the guidelines of the Synchro badge program through the USFS to introduce skaters to this fun and exciting team sport. Requires Free Skate 1 or permission of Director.

### Theater on Ice – New!

This class takes the place of the popular Artistry in Motion class adding an exciting new opportunity for skaters. This combines the grace of figure skating with the excitement of the theatre and dance in a group ensemble. This class will perform in the two shows. There will be a small costume fee at the time of the shows. Basic 4 and up.

### Fancy Footwork- New!

This class focuses on footwork, upper body control and fun! Each week a variety of footwork combinations will be introduced to help skaters “try out” their feet in a new way while practicing upperbody control. This is a great way to complement your Moves in the Field practice. Be ready to move those feet! Each sequence can be tailored for any level from Freestyle 1 through Senior Level. Drop in rate \$11.00 per class.

### Freestyle Sessions

The Skating Club of Maine proudly offers 3 sessions of freestyle ice each week. At this time all freestyle sessions are open to levels from Basic 6 on up and adults. The Director reserves the right to re-classify the freestyle sessions if the need arises. Freestyle sessions are first come, first serve, if the ice is crowded the Director reserves the right to close the session. The punch card rate is a significant discount. No refunds will be given. Drop in Rate: \$8.00 per 1/2 session, \$15.00 per whole session Six Session Card - \$70.00 (12 – 1/2 sessions or 6 whole sessions (1/2 sessions are either 25 or 30 mins. Whole sessions are either 50 or 60 mins. See schedule on opposite side for available times.)

## Learn to Skate Lesson Program

\* Discount of \$30 for the entire Basic Skills – 3 session signup prior to 10/14/09 \*

8 WEEKS OF CLASS PER SESSION – No Class on 12/25/09 & 01/01/10  
Session 1: (10/7 – 11/28) Session 2: (12/2 – 1/23)

Session 3: (1/27 – 3/20)

### Wednesday Classes

Free Skate Badge (1-6)  
4:40 – 5:10 - \$70.00/8 weeks

Synchronized Skating  
5:20 – 5:50 - \$75.00/8 weekS

Snowplow Sam (ages 4-6)  
5:50 – 6:20 \$65.00/8 weeks

Basic Skills (Ages 6 & up)  
5:50 – 6:50 \$115.00/8 weeks

### Saturday Classes

Adult Dance (Under 16 FS 1 & up)  
8:00 – 8:30 - \$70.00/8 weeks

Adult Basic Skills (age 16 & up)  
9:50 – 10:50 - \$115.00/8 weeks

Fancy Footwork (FS 1 & up)  
9:50 – 10:20 \$70.00/8 weeks

Theatre on Ice (BS4 & up)  
10:20 – 10:50 - \$70.00/8 weeks

Snowplow Sam (Ages 4-6)  
10:50 – 11:20 - \$65.00/8 weeks

Basic Skills (ages 6 & up)  
10:50 – 11:50 - \$115.00/8 weeks

The Skating Club of Maine is a volunteer driven 501c3 nonprofit dedicated to teaching the sport of ice skating to anyone wishing to participate in figure skating, ice hockey or recreational skating. We proudly run the program at the Mid-Coast Recreational Center, but have no direct connection to this facility. While your fees support the program, they do not cover all costs. In an attempt to keep the fees reasonable, we also hold fundraising events throughout the year. Please understand that there will be no refunds given for classes unattended by students and that the instructors can be changed without prior notice. Classes may only be made up once per session with approval and only after the class is missed. If the Mid-Coast Recreation Center is open during bad weather skating lessons WILL be held. WAIVERS, ENROLLMENT and PAYMENT must be received to SKATE!

## PLEASE CLEARLY COMPLETE THE FOLLOWING FOR EACH SKATER

Date of Birth:

Female:  Male:

Signed Insurance Waiver:

Name:

Parent/Guardian Name:

Address:

Phone:

Email:

I give permission for the Skating Club of Maine and MRC to use photos, digital recordings, video tapes or any other records.

Signature of responsible party:

Emergency Contact Info:

May we contact you for volunteer help?

### Friday Classes

Power Stroking/Edges  
4:10 – 4:30 - \$50.00/8 weeks

Intro to Figure Skating (BS6 & up)

4:30 – 5:20 - \$130.00/8 weeks

Pursuit of Excellence (FS2 & up)

4:30 – 5:20 - \$160.00/8 weeks

### Extras

Open Freestyle/ Coach & Me  
Punch Card 6 sessions - \$70.00

Open Freestyle / Coach & Me  
Punch Card 12 sessions - \$120.00

PLEASE NOTE- There is a one time, \$10.00 United States Figure Skating Association registration fee per season

Total:

Make check or money order payable to SCM-CR

Yes  No