

Ames Learn to Skate USA Program

Sponsored by: Ames Figure Skating Club



The Ames Learn to Skate Basic Skills Program promotes ice skating and hockey in the community by providing safe, fun & high quality group instruction in accordance with Learn to Skate USA guidelines. Classes are offered year-round at the Ames/ISU Ice Arena, 1507 Gateway Hills Park Drive.

Programs Offered – Ask us if you need help determining the right class for you.

Basic Classes 1-6: These levels introduce the fundamental moves of ice skating: forward and backward skating, stops, edges, crossovers, three turns, Mohawks and spins. **Basic 1 is for beginners and those with little experience and above the age of 6.**
Snowplow Sam 1-4: Designed for children **ages 3-6** with no prior skating experience to build confidence while learning the basic skills of skating.
Freestyle Classes - Pre-Free Skate – Freeskate 6: Introduction to more advanced figure skating skills. Skater must complete Pre-Freeskate to register.
Adult Classes 1-6: Teen through senior citizens can enjoy learning beginner through advanced skills.
Hockey 1-4: Fundamentals of hockey to help maneuver faster and be more agile on the ice. All elements will be taught without sticks.

Wednesday 6:05-6:45 PM	Friday 4:50-5:30 PM	Saturday 9:15-10 AM
Levels Offered: Snowplow Sam, All Basic Levels, Hockey, Adult, Freestyle	Levels Offered: Snowplow Sam, All Basic Levels, Adult, Freestyle	Levels Offered: All Basic Leves, Freestyle, Adult
<u>Session 1</u> 9/6, 9/13, 9/20, 9/27, 10/11, 10/18	<u>Session 1</u> 9/8, 9/15, 9/22, 9/29, 10/13, 10/20	<u>Session 1</u> 9/9, 9/16, 9/23, 9/30, 10/14, 10/21
<u>Session 2*</u> 10/25, 11/8, 11/15, 11/29, 12/6	<u>Session 2*</u> 10/27, 11/10, 11/17, 12/1, 12/8	<u>Session 2*</u> 10/28, 11/11, 11/18, 12/2, 12/9
<u>Session 3</u> 1/10, 1/17, 1/24, 1/31, 2/7, 2/14	<u>Session 3</u> 1/12, 1/19, 1/26, 2/2, 2/9, 2/16	<u>Session 3</u> 1/13, 1/20, 1/27, 2/3, 2/10, 2/17
<u>Session 4</u> 2/21, 2/28, 3/7, 3/21, 3/28, 4/4	<u>Session 4</u> 2/23, 3/2, 3/10, 3/24, 3/31, 4/6	<u>Session 4</u> 2/24, 3/3, 3/10, 3/24, 3/31, 4/7

Cost is \$78.00 per session except for *Session 2 & 4 is \$65.00. Payment is due at the time of class. If registrations are low, class levels may be combined. **No make-up lessons.**
 Dates subject to change due to ice availability.

Questions? Contact LTS Director at skateames@gmail.com or visit our website at www.amesfsc.org.

Register online at www.amesfsc.com or Mail in your registration and payment to:
AFSC, PO Box 1494, Ames, IA 50014

Please circle: Session 1 2 3 4 Day W F S

Skater Name _____ Level _____ Birth Date _____ M / F

Address _____ City _____ Zip _____

Email _____ Phone (home) _____ (cell) _____

Parent Name _____

LIABILITY WAIVER AND EMERGENCY MEDICAL CONSENT
 I hereby release the Ames Figure Skating Club and the Ames Minor Hockey Association, its affiliates, professional staff, Club Officers, and Board members from any and all liabilities as a result of personal injury, which may be sustained by myself/my child. In the event of injury, I authorize Ames FSC to seek on my/my child's behalf, whatever medical treatment the Club may deem necessary.

Skater/Parent Signature _____ Date _____
 (Parent/Guardian if under 18)

Doctor _____ Phone _____

Emergency Contact _____ Phone _____

Photo Release Statement
 I hereby consent to and authorize the use of any photographs that have been taken of me and/or my child(ren) for the purpose of marketing/advertising of the AFSC. Such photographs will not have names listed. I hereby acknowledge that I have read and understood the terms of this release.

Skater/Parent Signature _____ Date _____