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

Cost is $78.00 per session except for *Session 2 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 MEDICA/L 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 _____