

Polar Palace Arena Complex  
**FIGURE SKATING *BRIDGE* PROGRAM**

Session 7



*Bridging Your Way to Figure Skating Success.*

5 Week Program  
**AUGUST 2 – AUGUST 30**  
**2 0 1 0**

USFS Lapeer Skating Program  
**Polar Palace Arena Complex**  
3301 Davison Road  
Lapeer, MI 48446  
Phone 810.245.7778  
Fax 810.667.3639  
Internet [www.polarpalace.com](http://www.polarpalace.com)

**BRIDGE PROGRAM**

**TEAM OF INSTRUCTORS**

Jenny Brooks  
Emily Cole  
Jackie Colpean  
Kathy Hillman  
Karen Lemieux  
Erica Miller

**IMPORTANT DATES**

**No Classes**  
Week of September 6

**2010 Session 8 Begins**  
Monday, September 13

**\*USFS Annual Membership**  
Required once July 1 - June 30

**US FIGURE SKATING CLASS STRUCTURE**

(Skaters are taught in a group setting based on age and ability)

**Bridge Program** (Basic Skills 4 and Up thru Pre-Preliminary) This program is designed for the serious skater wishing to take their abilities to new levels through concentrated disciplines including Moves in the Field, Ice Dancing, Stroking Techniques, etc...as well as learning the proper ice etiquette in becoming a true figure skater. The class focus remains fun, however, with solid technique building. Skaters interested in future Club skating, competitions, private instruction would benefit immensely from this type of Bridge Program.

**CLASS SCHEDULE & COST**

(Cost includes one *complimentary* freestyle drop in pass per skater; 10% discount for 2<sup>nd</sup> and 3<sup>rd</sup> skater in family)

**BRIDGE PROGRAM**

**\$135 (plus a \$10 USFS Membership Fee\*)**

Mondays, Aug 2 – Aug 30                      4:50pm-6:20pm

**AGENDA**

½ hour Basic Skills / Freestyle patch completion  
½ hour individual practice  
**15 minute** discipline ie. Moves in the Field, Edges, etc.  
**15 minute** proper stretching & stroking patterns

**FREESTYLE DROP IN**

**\$12 per day or \$10 per day with card\*\***

Mondays, Aug 2 – Aug 30                      4:00pm-4:50pm  
Thursdays, Aug 5 – Sep 2                      4:00pm-4:50pm

\*\*This ice time is available for USFS skaters to practice on their own or with a private instructor.

## BRIDGE PROGRAM REGISTRATION

Name \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Parent's Name \_\_\_\_\_

Parent (s) Email Address \_\_\_\_\_

Emergency Phone & Contact \_\_\_\_\_

Previous USFS Membership # \_\_\_\_\_

Level of Skating and/or Last Class Passed \_\_\_\_\_

Class you are Signing Up for \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

Is there a skating goal for your skater? \_\_\_\_\_

Add'l Sibling(s)\* Signing Up Name \_\_\_\_\_

\*10% discount for 2<sup>nd</sup> and 3<sup>rd</sup> skater in family

Age \_\_\_\_\_ Birth Date \_\_\_\_\_ Class \_\_\_\_\_

\*Fees must be paid on or before the 1<sup>st</sup> day of class & paid at the rink's front desk. Make checks payable to Polar Palace. Credit cards accepted. No refunds or credits will be issued without special approval by the Rink Manager, Program Director or receipt of Doctors note.

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### QUESTION & ANSWER

Do you have a question? Please ask. We are here to help.

Q: What is a Bridge Program?

A: According to USFS, a Bridge Program is designed to teach skating skills at a faster pace in a group lesson environment and to introduce benefits of club membership.

Q: How do I know if my skater is ready for a Bridge Program?

A: Typically, skaters that become members of Bridge Programs are those looking to become more invested in the sport of figure skating.

Q: How does my skater begin his/her search for a private instructor?

A: If and when your skater is ready for private or semi-private lessons, bios are available to you via [www.polarpalace.com](http://www.polarpalace.com) and/or at the office. Do your homework. Interview the instructors. It is important that you find an instructor that will fit you and your skaters needs.

Q: What is the proper dress code for my figure skater?

A: Dress your skater in warm, comfortable clothing which gives the skater the freedom to move. A skating skirt and/or jacket is a nice compliment to any figure skater. Soft, warm socks or tights are recommended for the boots along with gloves (with fingers) for keeping hands warm.



LEARN TO SKATE

bridge program

Bridging Your Way To Skating Success..

Return Service Requested

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