



LEARN TO SKATE

Session 1 January 2—March 4

2012



Polar Palace Arena Complex
USFS Lapeer Skating Program

3301 Davison Road
Lapeer, MI 48446
Phone 810-245-7778
Fax 810-667-3639
www.polarpalace.com

US FIGURE SKATING CLASS STRUCTURE

(All one hour sessions include 1/2 hour group lesson and 1/2 hour practice time)

- Mice on Ice** Ages 3-5 This is a wonderful program for your pre-schooler to begin his/her love of skating. On and off ice activities to include crafts and snacks, plus build their socialization skills.
- Snowplow Sam** Ages 3-5 Similar to Mice but this program focuses on coordination and strength on the ice. Instructors are available to help you decide which of the two preschool programs will best suit yours and your child's needs.
- Basic Skills** Ages 6-16 The "Basic Skills" are the fundamentals of the sport. There are eight levels to this program which is designed for school age children. Upon completion of Basic 1-8 levels, skaters can advance to more specialized areas of skating : free style skating, dance, synchronized, and pairs.
- Adult** Ages 16 & Up These classes are designed for the adult skaters to learn at their own pace. Elements covered are forward and backward skating, crossovers, stopping and various use of edges.
- Freestyle** Freestyle practice ice is available Monday, Tuesday, Wednesday, Thursday, Friday and Sunday. Please check the Freestyle Calendar for correct times. Cost for 1 hour practice ice is \$12.00 and 30 minute practice ice is \$6.00. Freestyle packages are available.
- Ballet** Ballet Class for Freestyle Skaters is \$5.00 per class. Ballet Packages are available.



SKATING SOURCES

www.usfigureskating.org
www.sk8stuff.com

WAIVER

I ACKNOWLEDGE THE RISK OF INJURY FROM SKATING IS SIGNIFICANT, INCLUDING THE POTENTIAL FOR PERMANENT PARALYSIS AND DEATH. BY PARTICIPATING, I KNOWINGLY ASSUME ALL RISKS, BOTH KNOWN AND UNKNOWN, EVEN IF ARISING FROM THE NEGLIGENCE OF OTHERS. I ASSUME FULL RESPONSIBILITY FOR MY BEHAVIOR AS A PARTICIPANT. I VOLUNTARILY AND KNOWINGLY RECOGNIZE, ACCEPT AND ASSESS THE RISK AND RELEASE THE POLAR PALACE ARENA COMPLEX, IT'S SPNSORS, VOLUNTEERS AND COACHES FROM LIABILITY. I HAVE READ THE RELEASE AND UNDERSTAND THIS IS A FULL RELEASE OF ALL CLAIMS FOR THE INJURY AND DAMAGES SUSTAINED AT THE POLAR PALACE ARENA COMPLEX AND I HAVE WAIVED MY RIGHTS TO MAINTAIN A LAWSUIT AGAINST THE POLAR PALACE.

PARTICIPANT'S SIGNATURE

OR

PARENT/GUARDIAN'S SIGNATURE