

Learn to Skate Program Information

- On the 1st day of each session, please arrive at BCISC a 1/2 hour prior to class time.
- Skate rental is included.
- Learn to Skate USA is endorsed by U.S. Figure Skating, USA Hockey, US Speedskating, and the Special Olympics
- Snowplow Sam sessions are for ages 3-6. All other sessions are available to ages 6 and up.
- Skating Director must approve any make-up classes.
- No new students will be accepted after 2 classes.
- Classes always begin promptly at the scheduled time.
- Each class will consist of a 1/2 hour of instruction and a 1/2 hour of practice to practice their skills.
- It is important for the student to practice as much as possible. Remember... the more practice the quicker the progress.
- **Helmets are highly recommended for ages 8 and under.**
- Your equipment is most important. When fitting skates make sure the boots are as snug to your feet as possible. Usually the same size as your street shoes will be fine.
- Always talk to your skating instructor before investing in ice skates. Proper skates will make your skating more enjoyable.
- Pants or slacks you can move freely in, such as "warmups" will be helpful.
- A warm sweater and a light-weight jacket are necessary. For beginner skaters, gloves or mittens and a hat are necessary for protection.

**BCISC uses all
Electric Zambonis
for Comfort and Safety**

Group Lessons—Session V 2017

1185 York Road
Warminster, Pennsylvania 18974



LEARN TO SKATE USA

Session V 2017

Tuesdays 4:20PM

April 18-May 30

Wednesdays 10:30AM

April 19-May 31

Saturdays 12:00PM

April 22-June 10 (skip 5/27)

**Bucks County Ice Sports Center
1185 York Rd
Warminster, PA 18974
215-675-3000**

www.bucksice.com

Program Levels

Snowplow Sam 1

Sit and stand up with skates on and off ice, march in place, march forward, march then glide, dip in place

Snowplow Sam 2

March followed by long glide, dip while moving, backward wiggles, forward swizzles, beginning snowplow stop

Snowplow Sam 3

Forward skating, forward one-foot glide, forward and backward swizzles, forward snowplow stop, curves

Snowplow Sam 4

Forward skating, backward glide, backward swizzles, rocking horse, two-foot turns, two-foot hop

Basic 1

Proper way to fall and get up, march forward, forward two-foot glide, dip, forward swizzles, backward wiggles, snowplow stop

Basic 2

Forward one-foot glides, backward two-foot glide, backward swizzles, rocking horse, two-foot turn, moving snowplow stop

Basic 3

Forward stroking, forward half swizzle pumps, two-foot turn, backward one-foot glides, forward slalom, backward stop

Basic 4

Forward edges, forward crossovers, backward pumps, backward one-foot glide, two-foot spin

Basic 5

Backward edges, backward crossovers, forward outside three-turn, two-foot spin, hockey stop

Basic 6

Forward inside three-turn, moving two-foot turn, backward stroking, T-stop, bunny hop, forward arabesque, one-foot spin

Pre-Free Skate

Forward inside open Mohawk, ballet jump, backward crossovers to glides, combination move, one-foot upright spin, waltz jump, Mazurka

Free Skate 1-6

Moves in the field, spins, dance/footwork sequence and jumps

For more information on curriculum, please visit www.learntoskateusa.com.

Cost

\$140 per Session

Dates and Times

Tuesday Afternoons

4:20PM—5:20PM

4/18/17—5/30/17

Wednesday Mornings

10:30AM—11:30AM

4/19/17—5/31/17

Saturday Afternoons

12:00PM—1:00PM

4/22/17—6/10/17

(skip 5/27)

Lesson Fees due in full with application

Pre-registration is highly

recommended

Register 7 days early to save \$10!

**Bucks County Ice Sports Center
1185 York Road
Warminster, PA 18974**

**For More Information:
(215) 675-3000
mbeck@wintersportsice.com**

Application

Group Lessons

SESSION V 2017

4/18/17 TO 6/10/17

Admin Use Only

Amt Paid:

Date Paid:

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Date of Birth: _____ Age: _____

Phone: _____

E-Mail: _____

Parent/Guardian: _____

TUES WED SAT

CIRCLE CLASS LEVEL BELOW

SNOWPLOW SAM: 1 2 3 4

BASIC: 1 2 3 4 5 6 PRE FREESKATE

FREESKATE: 1 2 3 4 5 6

PAYMENT INFORMATION

If paying with a credit card by mail, please also fill in the following information: Circle one: VISA MC AMEX

Card# _____

Exp Date _____ Security Code _____

The skater and parent/guardian assume all risks and hazards incidental to this program and activities sponsored. Therefore and hereby release Bucks County Ice LLC, its officers, directors, employees, and instructors from any liability on account of injury to a skater however incurred. The parent/guardian hereby gives permission /consent to emergency medical treatment for injuries/illness. No refunds. A copy of this consent will be as valid as the original.

Signature: _____ Date: _____