
Registration

Skater's name _____
Parent's name _____
Address _____
City _____ Zip _____
Home Phone _____
Cell _____
E-mail _____
Age _____ Date of Birth _____
Female _____ Male _____
Class level _____
Class Day _____
Class time _____
Session # _____
How did you hear about us _____

\$72.00 per 6 week session
Pre-registration is recommended

Method of Payment

Cash
 Check
 Credit Card

What to Wear

Single blade figure skates or hockey skates.
Both figure and hockey skates are available for rental.

Comfortable, flexible, warm clothing.

Long pants or tights are required.

Mittens, gloves, and hats are recommended.

Helmets are recommended for beginner skaters. *Bicycle or hockey helmets are permitted.*

South Metro Sports Learn to Skate



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Centerville Oh 45458

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South Metro Sports Learn To Skate

South Metro Sports Learn to Skate is a United States Figure Skating Basic Skills program. United States Figure Skating Basic Skills program is a nationally recognize skating program designed to serve the needs of both recreational and competitive skaters.

South Metro Sports Learn to Skate offers a variety of classes for all ages and abilities. Join the Fun!

Class Information

Skaters will become a United States Figure Skating Basic Skills member.

Skaters will receive a United States Figure Skating Basic Skills membership registration, record book and patch.

Classes are 6 weeks. Lessons are 30 min. with an additional 15 min. practice time.

Class sizes are 6 skaters maximum per instructor for Snowplow Sam; 10 skaters maximum per instructor for all other groups.

Skaters need to complete each level before moving to the next level.

Skaters will be evaluated on the last day of class to determine skill mastery and progression to the next level. Skaters will receive two free open skate session passes.

Skaters will receive a 10% discount coupon for the Dayton Pro Shop

Skating Classes

Snowplow Sam 1-3

The Snowplow Sam levels are designed to help the preschool-age skater develop preliminary coordination and strength to maneuver on the ice. There are 3 levels of Snow-plow Sam. After completing the first level the skater will progress to the subsequent levels. Snowplow Sam is for 3-5 year old skaters.

Basic Skills 1-8

The Basic Skills are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns. Upon completion of the Basic 1-8 levels, skater will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating. After completing the first level skater's will progress to the subsequent levels. For skaters age 6-16.

Freestyle 1-2

Each Free Skate level is divided into four sections, moves in the field, spins, dance/footwork sections, jumps. The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a Recreational or competitive approach to the sport of skating.

Adult Basic Skills 1-2

The Adult curriculum is designed for the beginner adult skater. It will promote physical fitness and improve balance and coordination while teaching proper skating techniques. Divided into six levels, adult skaters will progress at an individual rate while being challenged and motivated.

Hockey 1-4

The Hockey curriculum is designed to teach the fundamentals of hockey skating. Skater will learn how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the fundamentals of skating to become successful hockey skaters. Completing Snowplow Sam 1-3 or Basic 1 is recommended.

Class Schedule

Tuesdays

12:15-12:45— Snowplow Sam
12:45-1:15—Basic 1 & 2
1:15-1:45— Basic 3-4

Session 2 - Tues. Sept. 23 - Tues. Oct. 28, 2014
Session 3 - Tues. Nov. 4 - Tues. Dec. 16, 2014*
***no class Tues. Nov. 25, 2014**

Wednesdays

5:15-6:00
Snowplow Sam 1-3
Basic Skills 1-8
Freestyle 1 & 2
Hockey 1-4

Session 2 - Wed. Sept 24 -Wed. Oct. 29, 2014
Session 3 - Wed. Nov. 5 - Wed. Dec. 17, 2014*
***no class Wed. Nov. 26, 2014**

Pre-registration is required. If maximum class enrolment has been reached class registration may close before the first day of class. Make-up classes are not available.

Please arrive 15 minutes early in order to fit skates and prepare for class.