Central Iowa Figure Skating Club

Registration includes:
- Six 1-hour sessions
- 30-minute lesson – 30-minute practice
- Free rental skates
- Invitation to participate in the LTS group number in the club’s winter or spring shows

Class Levels

Beginning Skating

Pre-K (Snowplow 1,2,3): Ages 3-5
These classes use games and introduce moves to young skaters.
Level 1: Ages 6-8 Beginning skaters learn swizzles, glides, stops, 2-foot turns
Beginner Adult/Teen: Students will learn stroking, stopping & crossovers and beginning figure skating moves.

Figure Skating

Level 2: 1-foot glides, back swizzles, 2-foot glides, backward glides.
Level 3, 4: (part 1 & 2) Stroking, slalom, 2-foot spins, crossovers, 3 turns
Level 5, 6 and beyond: Backward edges, one-foot spins, T-stop, spiral, lunge, bunny hop. Beginning figure skating.

We sell skates!

Hockey skating program
Students will focus on hockey stops, quick turns, footwork and balance all while skating on hockey skates (no pucks). Helmets recommended.

Dates subject to change.

Session 3

Wednesday 5:30-6:30pm
Jan. 9, 16, 23, 30; Feb. 6, 13;
Saturday 3:00-4:00pm.
Jan. 5, 12, 19, 26; Feb. 2, (not 9th), 16;

Session 4

Wednesday 5:30-6:30pm
Feb. 20, 27; March 6, 13, 20, 27;
Saturday 3:00-4:00pm
March 2, 9, 16, 23, 30; Apr 6th

Session 5

Wednesday 5:30-6:30pm.
Saturday 3:00-4:00pm
Dates TBA

Check our website for April & May Sessions!

Sessions ongoing throughout the year!!!

CIFSC is a great place to learn new figure skating skills, hockey skills and have fun on the ice!

No refunds, exchanges, or credits for future sessions.

Skate with us (LTS) 2018-2019

1st skater: $100/session, additional skater in family: $75

Name: __________________________
Birthday: ___________ Age: _______ Shoe size: _______

Skating Level: _______________________
E-Mail: _____________________________
Address: ____________________________

How did you hear about us? ___________________

WE PREFER that Registration be submitted online at: www.LearnToSkateIowa.com
Or call (515) 371-8666 or forms can be mailed to: CIFSC – 1919 East 9th Street, Des Moines, IA 50316
Registration is also taken at the arena a half hour before class.

Payment can be made by cash or check. Please make checks payable to: Central Iowa Figure Skating Club (CIFSC)
PayPal & Online payments accepted at:
www.LearntoSkateIowa.com

Make-up classes. Students may make-up two missed classes per session if classes are available. No refunds, exchanges, or credits for future sessions.

LIABILITY AND PHOTO RELEASE WAIVER

I hereby release the Central Iowa Figure Skating Club, its affiliates, professional staff, Board members and Buccaneer Arena from any and all liabilities as a result of personal injury, which may be sustained by myself/my child.
In addition, I hereby consent to and authorize to use any photographs and videos that have been taken of me and/or my child(ren) for the purpose of marketing and advertising of the CIFSC Learn to Skate program. Such photographs will not have names listed.
Signature: ____________________________ Date: _____________