

# 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, 2foot 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 turns, 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!

We sharpen 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 9<sup>th</sup>),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 6<sup>th</sup>**

## 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

1<sup>st</sup> skater: \$100/session, additional skater in family: \$75



Name: \_\_\_\_\_

Birthday: \_\_\_\_\_ Age: \_\_\_\_\_ Shoe size: \_\_\_\_\_

Skating Level: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_

Session #: \_\_\_\_\_ Session Day: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

**WE PREFER** that Registration be submitted online at:  
[www.LearnToSkatelowa.com](http://www.LearnToSkatelowa.com)

Or call (515) 371-8666 or forms can be mailed to:  
**CIFSC – 1919 East 9<sup>th</sup> 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.LearnToSkatelowa.com](http://www.LearnToSkatelowa.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: \_\_\_\_\_

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