



# NORTH ATLANTIC FIGURE SKATING CLUB

2011–2012 SKATING SEASON

SKATE WITH US!

P.O. Box 6052

FALMOUTH, MAINE 04105

207-781-5058

WWW.NORTHATLANTICFSC.ORG

EMAIL: [nafsc@aol.com](mailto:nafsc@aol.com)

## About Our Basic Skills Program

All classes are taught at Family Ice Center in Falmouth, Maine. Designed by U.S. Figure Skating, the Basic Skills Program is a top-quality beginner ice skating program that serves the needs of both the recreational and competitive skater. The curriculum is designed to keep skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. And whether the goal is to achieve Olympic fame or simply enjoy the recreational benefits of skating, the Basic Skills Program is the perfect place to start! Group skating lessons are offered during five sessions throughout the year, and are taught by a team of highly qualified skating coaches and junior coaches. Skaters are divided into groups by age and ability, with a maximum of 10 skaters per class.

**Program Objectives.** The objectives of the Basic Skills Program are to:

- provide a fun and safe skating experience for the beginner, as well as the more advanced, skater
- teach correct technique of the basic elements
- promote health and physical fitness
- enable participants to achieve the skills necessary to either skate for fun the rest of their lives, or to move competently into the U.S. Figure Skating advanced test and/or competitive structure and/or hockey program

**Program Benefits.** Skaters who participate in the North Atlantic Figure Skating Club's (NAFSC) Basic Skills Program will learn new and exciting maneuvers, and will be tested as they progress through the program. Registers skaters will receive:

- an official U.S. Figure Skating Basic Skills membership card
- a brightly colored record book with stickers to track progress through the program's lessons
- a membership year patch
- sport accident insurance
- general information about ice skating
- a certificate and badge, or a skills report card and ribbon, at the end of each session

**Payment.** Full payment is required with completed application, including an annual \$25 registration fee that applies to all skaters. We accept checks and exact cash. Please make checks payable to North Atlantic Figure Skating Club (NAFSC) and mail to: P.O. Box 6052, Falmouth, ME 04105. All refunds will be subject to a \$10.00 processing fee. We do not accept credit or debit cards.

**Discounts.** Families registering two or more members will receive a \$10.00 discount on one registration. Skaters who sign up and pay in full for five sessions will receive a 10 percent discount off the total amount of all five sessions.

**Late Registration.** Late registrations are always accepted if space is available, with the class fee prorated accordingly once the session has started.

**Snow Cancellations.** NAFSC does not follow the Falmouth school cancellation policy. Typically if Family Ice Center is open, we are open as well. If you are uncertain, please call the arena at 207-781-4200, or check Channel 8 TV (WMTW) for cancellations.

**Additional Information.** Information about the Learn-to-Skate and other NAFSC programs is posted on the club office door located on the 2<sup>nd</sup> floor of Family Ice Center. Our phone number is 207-781-5058 and our e-mail address is: [nafsc@aol.com](mailto:nafsc@aol.com). If you have questions about skating levels or programs, contact Skating Director Debra J. Coppinger at 781-5058 or [nafsc@aol.com](mailto:nafsc@aol.com). To learn more about U.S. figure skating programs, go to [www.usfsa.org](http://www.usfsa.org).

**Volunteers.** Volunteer positions are available throughout the year for anyone interested. For more information please call the club office at 781-5058 or email: [NAFSC@aol.com](mailto:NAFSC@aol.com).

#### **Other Learn-to-Skate Events and Activities:**

- **Special Learn-to-Skate Days.** Throughout the year, the Learn-to-Skate (LTS) Program will offer special Learn-to-Skate Days, including:
  - **Bring-A-Buddy/Theme Days.** Students will be invited to bring a friend to LTS for a fun-filled session of skating with the North Atlantic Figure Skating Club. *Dates TBA*
  - **Circuit Training Days.** Students will be introduced to a variety of skating disciplines on circuit training days, including ice dancing, pairs skating, moves in the field, choreography, power and edges, and synchronized skating. *Dates TBA*
- **Basic Skills Exhibition.** Towards the end of each session, interested students will be given the opportunity to show off their skills with a mini-program set to music. Special performances will also be given by advanced skaters from NAFSC. *Dates TBA*
- **Annual Ice Show.** All Learn-to-Skate students ages 3 and above are invited to participate in NAFSC's annual ice show. This year the show will be held on Saturday, March 31, at 7:00 pm and Sunday, April 1<sup>st</sup> at 2:00 pm—so mark your calendars! More information about the ice show will be available in December, with costume orders due at the end of December.
- **Basic Skills Competition.** Each year NAFSC hosts a basic skills competition for skaters in our Learn-to-Skate Program, as well as those from other skating programs. The Snowflake Skate is a chance for all participants to find out what it's like to compete and to show family and friends what they've worked so hard to accomplish during their time on the ice. This year's Snowflake Skate will be held on Sunday, January 15, 2012 from 12:00 pm–5:00 pm.
- **Private Lessons.** Give your child an edge with private lessons, which help your skater advance at a quicker rate. Ask about one-on-one or semi-private lessons with one of our professional instructors. For more information call the club office at 781-5058.
- **Equipment.** Helmets are required for all 3–5 year-old skaters. Skaters can wear hockey or figure skates for group classes. Double runners are not allowed. Skates should fit snugly and be worn with one pair of thin, not heavy, socks. Good skates can be purchased and fitted at Play It Again Sports on Marginal Way in Portland. A limited number of rentals are available at the Family Ice Center. Skaters should arrive 15 minutes early to rent skates for group classes. Skates should be sharpened each season and after every 12–15 times skating for the beginning skater. Family Ice Center provides ice sharpening services; please drop skates off one or two days prior to your class time to assure they will be ready for your lesson. Skates are not allowed in the stands or lobby without skate guards.

- **Parents.** Parents are **not** allowed on the ice at any time during skating lessons. Parents are asked to watch from the viewing area or bleachers, and not distract their child, other skaters, or instructors during class times.

## Class Information

**Snowplow Sam Classes.** Snowplow Sam classes are for skaters aged 3–5 years old. There are three levels of Snowplow Sam available for our youngest skaters. The guide below will help you determine the appropriate level for your skater. Snowplow Sam skaters are required to wear a helmet and mittens. Hockey or figure skates only; no double runners allowed.

- ***Snowplow Sam Level One Skills.*** Sit and stand up, off ice, with skates on; sit and stand up on the ice; march in place; march forward 8–10 steps; march and glide on two feet; and dip in place.
- ***Snowplow Sam Level Two Skills.*** March followed by long glide; dip while moving; six backward wiggles; 2–3 forward two-foot swizzles; rocking horse; and two-foot hop in place.
- ***Snowplow Sam Level Three Skills:*** Forward skating 8–10 steps; forward one-foot glide right and left; forward swizzles, 4–6 in a row; backward swizzles, 4–6 in a row; forward snowplow stop with a skid; and curves.

Snowplow Sam classes are 25 minutes long, and are offered:

- Thursdays from 4:00–4:25 pm in early fall, late fall, winter, spring, and summer
- Saturday 8:25–8:50 am in early fall, late fall, and winter
- Wednesdays 1:25–1:50 pm in late fall and winter

**Hockey/Power Skating Skills.** Skaters are introduced to basic hockey and power skating skills. Skaters with no skating experience must enroll in Basic 1. No pucks or sticks are allowed during this class. The emphasis is on good skating technique for forward crossovers, backward crossovers, turns, and stops.

**Basic 1–Basic 8 Classes.** Basic skills are the fundamentals of the sport of figure skating. Basic 1 is for the beginning skater age 6 and up. Skills for Basic 1–Basic 8 are described below.

- ***Basic 1 Skills.*** Sit on ice and stand up; march forward across the ice; forward two-foot glide; dip; forward swizzles, 6–8 in a row; backward swizzles, 6–8 in a row; snowplow stop; rocking horse, 2–3 in place; and two-foot hop.
- ***Basic 2 Skills.*** Forward one foot glides, right and left; backward two-foot glide; backward swizzles, 6–8 in a row; two-foot turn from forward to backward, in place; moving snowplow stop; and forward alternating half-swizzle pumps in a straight line (slalom-like pattern).
- ***Basic 3 Skills.*** Forward stroking showing correct use of blade; forward half-swizzle pumps on a circle, 6–8 consecutive clockwise and counterclockwise; moving forward to backward two-foot turn, clockwise and counterclockwise; backward one-foot glides, right and left; and forward slalom, two-foot spin, up to two revolutions.
- ***Basic 4 Skills.*** Forward outside edge on a circle, right and left; forward inside edge on a circle, right and left; forward crossovers, clockwise and counterclockwise; forward outside three-turn, right and left from a stand-still position; backward half-swizzle pumps on a circle, clockwise and counterclockwise; backward stroking; and backward snowplow stop, right and left.
- ***Basic 5 Skills.*** Backward outside edge on a circle, right and left; backward inside edge on a circle, right and left; backward crossovers, clockwise and counterclockwise; beginning one-foot spin, up to three revolutions; hockey stop; and side toe hop, both directions.
- ***Basic 6 Skills.*** Forward inside edge three-turn, right and left, from a standstill position; moving backward to forward two-foot turn on a circle, clockwise and counterclockwise; T-stop, right or left; bunny hop; forward arabesque/spiral on a straight line, right or left; and forward lunge, right or left.
- ***Basic 7 Skills.*** Forward inside open Mohawk from a standstill position, right to left and left to

right; backward outside edge transition on a circle, right and left; ballet jump, right and left; backward crossovers to a backward outside edge landing position, clockwise and counterclockwise; and forward inside edge pivots, right or left.

- **Basic 8 Skills.** Moving forward outside three-turn on a circle, right and left; moving forward inside edge three-turn on a circle, right and left; combination move: forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step forward to an inside edge; one-foot spin, optional entry and free-foot position; waltz jump, and mazurka.

All Basic 1–Basic 8 classes are 25 minutes long, with an additional 25 minute practice session. Basic 1–Basic 8 classes are offered:

- Thursdays from 4:25–6:15 pm in early fall, late fall, winter, spring, and summer (check schedule for exact group level times)
- Saturday mornings from 8:00–8:50 am in early fall, late fall, and winter
- Wednesdays from 1:00–1:50 pm in late fall and winter (Basic 1–Basic 4 only)

**Freestyle 1–Freestyle 6 Classes.** Skaters will learn freestyle jumps, spins, footwork, and moves in the field. All freestyle classes include a 5 minute warm-up. Skaters will also learn a program with music incorporating skills from their level. Late fall and winter Thursday Freestyle classes are 30 minutes long and include a 10 minute practice session. Freestyle classes are offered:

- Thursdays in early fall, late fall, winter, spring, and summer (check schedule for exact times)
- Saturdays early fall, late fall, and winter

**Saturday Group Stroking/Edge Classes.** Group stroking and edge classes are offered on Saturday mornings for all Basic 4 and higher level skaters. This class will be conducted with music to improve skating skills and stamina. The stroking/edge class is offered in early fall, late fall, winter, and spring. Adults and advanced skaters are welcome. Please check schedule for times and dates. Skaters may drop in for \$9.00 per skating time. Please give checks (payable to NAFSC) to the ice monitor.

**Adult/Teen Classes.** The adult and teen curriculum is designed for the beginning adult skater. This class will promote physical fitness and improve balance and coordination while teaching proper skating technique. Divided into four levels, skaters will progress at an individual rate while being challenged and motivated. Adult/teen classes are offered on Saturday mornings early fall, late fall, and winter. Adult freestyle skaters are welcome to attend any freestyle class.

**Practice Ice.** Extra practice time is available on Saturday mornings from 9:30–10:20 early fall, late fall, winter, and 12:00 pm during the spring. This is a great time to take a private or semi-private lesson. Skaters may purchase ice by the block or buy one session for \$14.00. (Checks should be made out to NAFSC.) Please check in with the ice monitor before skating. Skaters wishing to skate during other club sessions may come as a guest three times during the skating year. For information on additional practice ice time and joining the club, please contact Fili Monaghan, Membership Chair, at: [fmonagh1@maine.rr.com](mailto:fmonagh1@maine.rr.com). The club offers practice ice several times a week throughout the year for club skaters.

**Beginner B Synchronized Skating Team.** If your child is interested in team skating, you should think about the synchronized skating program here at North Atlantic Figure Skating Club. The team will practice on Thursdays, from September 9 through April 1. The team will exhibit throughout the season at NAFSC events and participate in two competitions. See the NAFSC *Beginner B Synchro* brochure for more detailed information and skating times. This is not to be confused with the Beginner 2 A Team that started in August. This is a new team that we will be starting September 15 for all interested skaters age 9 and under for Beginner level 1 and/or possibly a Beginner level 3 team for skaters 12 and older.

**North Atlantic Figure Skating Club**  
**“Skate with Us” 2011–2012 Registration Form**  
**(one form per skater)**

PLEASE PRINT OR TYPE

Skater's Name \_\_\_\_\_ Age \_\_\_\_\_

Date of Birth \_\_\_\_\_ Current Skating Level \_\_\_\_\_

Address \_\_\_\_\_ City/Town \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address \_\_\_\_\_ Phone \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

In Case of Emergency, Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

Special Needs or Concerns \_\_\_\_\_

PLEASE FILL IN THE SESSION, DAY, TIME, AND LEVEL FOR WHICH YOU ARE REGISTERING.

I am registering the above named skater for the following classes:

Session \_\_\_\_ Day \_\_\_\_\_ Time: \_\_\_\_\_ Level \_\_\_\_\_ Price \_\_\_\_\_

Session \_\_\_\_ Day \_\_\_\_\_ Time: \_\_\_\_\_ Level \_\_\_\_\_ Price \_\_\_\_\_

Session \_\_\_\_ Day \_\_\_\_\_ Time: \_\_\_\_\_ Level \_\_\_\_\_ Price \_\_\_\_\_

Session \_\_\_\_ Day \_\_\_\_\_ Time: \_\_\_\_\_ Level \_\_\_\_\_ Price \_\_\_\_\_

Session \_\_\_\_ Day \_\_\_\_\_ Time: \_\_\_\_\_ Level \_\_\_\_\_ Price \_\_\_\_\_

Session \_\_\_\_ Day \_\_\_\_\_ Time: \_\_\_\_\_ Level \_\_\_\_\_ Price \_\_\_\_\_

Session \_\_\_\_ Day \_\_\_\_\_ Time: \_\_\_\_\_ Level \_\_\_\_\_ Price \_\_\_\_\_

Session \_\_\_\_ Day \_\_\_\_\_ Time: \_\_\_\_\_ Level \_\_\_\_\_ Price \_\_\_\_\_

Sub Total \$ \_\_\_\_\_

Annual \$25.00 Reg. Fee \$ \$25.00

Total Due \$ \_\_\_\_\_

**Liability Waiver:** In consideration of my child enrolling in the program, I agree to indemnify and hold harmless the Learn-to-Skate program; NAFSC; and Family Ice Center and all of its officers, agent servants or employees and participants from all claims, loss liability, damage and expense which may in any way arise from my child's participation in the Learn-to-Skate program. I further understand that there will be no make up classes or refunds given for classes unattended by the student, and that the instructors may be changed without prior notice.

Parent/Guardian (Print Name) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please mail registration and payment (made out to NAFSC) to:

North Atlantic Figure Skating Club

Group Skating Lessons

P.O. Box 6052

Falmouth, ME 04105

## North Atlantic Figure Skating Club Learn-to-Skate 2011–2012 Class Times, Dates, and Prices

Please read carefully and note time changes for some classes

### Session 1. Early Fall—Registration deadline is September 10

#### **Thursday Group Classes: 7 weeks September 15–October 27**

4:00–4:25	Snowplow Sam 1, 2, 3	\$84.00
4:30–5:20	Basic 1, 2, 3, Power/Hockey Skills	\$112.00
5:30–6:20	Basic 4, 5, 6, 7, 8, Freestyle 1, 2, 3	\$112.00
6:30–7:20	Freestyle 4, 5, 6	\$112.00
6:30–7:20	Open practice ice	\$98.00
6:30–7:20	<i>Beginner Synchro B Team</i>	<i>see separate form</i>

#### **Saturday Group Classes: 6 weeks September 17–October 29**

*(No Classes October 8, Halloween Party on October 29 and bring a buddy)*

8:00–8:50	Basic 1, 2, 3, 4, 5, 6	\$96.00
8:25–8:50	Snowplow Sam 1, 2, 3	\$72.00
8:55–9:20	Stroking/Edges Class (Basic 4 and higher)	\$48.00
9:30–10:20	Basic 7, 8, Freestyle 1, 2, 3, 4, 5, 6	\$96.00
9:30–10:20	Adults 1, 2, 3, 4	\$96.00
9:30–10:20	Open Practice Ice	\$84.00

### Session 2. Late Fall—Registrations deadline is October 20

#### **Wednesday Group Classes: 6 weeks November 2–December 14**

*(No classes November 9)*

1:00–1:50	Basic 1, 2, 3, 4	\$96.00
1:25–1:50	Snowplow Sam 1, 2, 3	\$72.00

#### **Thursday Group Classes: 6 weeks November 3–December 15**

*(No classes November 24)*

4:00–4:25	Snowplow Sam 1, 2, 3	\$72.00
4:25–5:15	Basic 1, 2, 3	\$96.00
5:25–6:15	Basic 4, 5, 6, 7, 8, Freestyle 1, 2	\$96.00
5:25–6:15	Freestyle Practice for Freestyle 3–6 skaters	\$48.00
6:15–6:55	Freestyle 3, 4, 5, 6	\$78.00
6:15–6:55	<i>Beginner Synchro B Team</i>	<i>see separate form</i>

#### **Saturday Group Classes: 6 weeks November 5–December 17**

*(No classes November 26)*

8:00–8:50	Basic 1, 2, 3, 4, 5, 6	\$96.00
8:25–8:50	Snowplow Sam 1, 2, 3	\$72.00
8:55–9:20	Stroking/Edges Class (Basic 4 and higher)	\$48.00
9:30–10:20	Basic 7, 8, Freestyle 1, 2, 3, 4, 5, 6	\$96.00
9:30–10:20	Adults 1, 2, 3, 4	\$96.00
9:30–10:20	Open Practice Ice	\$84.00

**Session 3. Winter—Registration deadline is December 20**

**Wednesday Group Classes: 8 Weeks January 11–March 14**

*(No classes January 18 & February 22)*

1:00–1:50	Basic 1, 2, 3, 4	\$128.00
1:25–1:50	Snowplow Sam 1, 2, 3	\$96.00

**Thursday Group Classes: 7 weeks January 12 – March 1**

*(No classes February 23)*

4:00–4:25	Snowplow Sam 1, 2, 3	\$84.00
4:25–5:15	Basic 1, 2, 3	\$112.00
5:25–6:15	Basic 4, 5, 6, 7, 8, Freestyle 1, 2	\$112.00
6:15–6:55	Freestyle 3, 4, 5, 6	\$91.00
6:15–6:55	<i>Beginner Synchro B Team</i>	<i>see separate form</i>

**Saturday Group Classes: 7 weeks January 14–March 3**

*(No classes February 25)*

8:00–8:50	Basic 1, 2, 3, 4, 5, 6	\$112.00
8:25–8:50	Snowplow Sam 1, 2, 3	\$84.00
8:55–9:20	Stroking/Edge class (Basic 4 and higher)	\$56.00
9:30–10:20	Basic 7, 8, Freestyle 1, 2, 3, 4, 5, 6	\$112.00
9:30–10:20	Adults 1, 2, 3, 4	\$112.00
9:30–10:20	Open Practice Ice	\$98.00

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**Session 4. Spring—Registration deadline is April 15**

**Thursday Group Classes: 6 weeks April 26–May 31**

4:00–4:25	Snowplow Sam 1, 2, 3	\$72.00
4:25–5:15	Basic 1, 2, 3,	\$96.00
5:25–6:15	Basic 4, 5, 6, 7, 8, Freestyle 1, 2, 3	\$96.00
5:25–6:15	Freestyle Practice for Freestyle 4, 5, & 6 skaters	\$48.00
6:15–6:55	Freestyle 4, 5, 6,	\$78.00
6:15–6:55	Edge/Stroking Class & Intro to Ice Dancing	\$78.00

**Saturday Group Stroking and Practice Ice: 6 Weeks April 28–June 9 – Times may change**

*(No classes May 26)*

11:40–12:00	Group Stroking/Edge Class (Basic 4 through Senior)	\$48.00
12:00–12:45	Open Practice Ice	\$72.00
12:45–1:40	Open Practice Ice	\$72.00

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**Session 5. Summer—Registration deadline is May 20**

**Thursday Group Classes: 4 weeks June 7–June 28**

4:00–4:25	Snowplow Sam 1, 2, 3	\$48.00
4:30–5:20	Basic 1, 2, 3, 4, 5, 6, 7, 8	\$64.00
4:30–5:20	Freestyle 1, 2, 3, 4, 5, 6	\$64.00
5:30–6:20	Open Freestyle Practice	\$48.00

## **2011–2012 Skating Season Calendar**

### **Early Fall: Session 1**

Thursdays, September 15–October 27 (7 weeks)

Saturdays, September 17–October 29 (6 weeks)

*No Classes Saturday, October 8*

### **Late Fall: Session 2**

Wednesdays, November 2–December 14 (6 weeks)

*No Classes Wednesday, November 9*

Thursdays, November 3–December 15 (6 weeks)

*No Classes Thursday, November 24*

Saturdays, November 5 – December 17 (6 weeks)

*No Classes Saturday, November 26*

Tree Lighting Skating Exhibition: Friday, December 16<sup>th</sup>  
5:30–6:30 pm on Twombly Pond: Free event!

Ice Show Registration Deadline

### **Winter: Session 3**

Wednesdays, January 11–March 14 (8 weeks)

*No Classes January 18 & February 22*

Thursdays, January 12–March 1 (7 weeks)

*No Classes Thursday, February 23*

Saturdays, January 14–March 3 (7 weeks)

*No Classes Saturday, February 25*

Annual Basic Skills Competition, ***Snowflake Skate***, Sunday, January 15<sup>th</sup> 12:00 pm–5:00 pm

Winter Club Exhibition, Sunday, January 22, Time: TBA

### **Spring: Session 4**

Ice Show Rehearsals: March 8–March 30 (4 weeks)

Ice Show: Saturday, March 31 at 7:00 pm and Sunday, April 1 at 2:00 pm

Thursdays, April 26–May 31 (6 weeks)

Saturdays, April 28–June 9 (6 weeks)

*No classes May 26*

### **Summer: Session 5**

Thursdays, June 7–June 28 (4 weeks)

***All Classes subject to change or combine depending upon enrollment***