



Learn to Skate USA Programs

Skating -For all Ages

Annual memberships are valid July 1-June 30:

- Be a member of the best skating program endorsed by U.S. Figure Skating
- Gain great information to make sure your first glides on ice are successful ones.
- Receive a Welcome Packet in the mail, which includes a subscription to Learn To Skate USA The Magazine valued at \$3 (*allow 2-4 weeks for delivery*)
- Receive secondary sport accident insurance
- Participate in lessons, performances, and all activities associated with Learn to Skate USA.



2022/2023 Season



Whitney Rink in the M&M's Center

PO Box I, Sheridan, WY 82801

Phone: (307) 674-9423

www.sheridanice.org

475 East Brundage Street

**Learn to Skate USA Program
2022/2023 Registration Form
Register anytime before Session starts**

Fees:

Session 1 - \$100.00 ____ Session 2 - \$100.00 ____ Ice Show Session - \$75 ____
*Yearly registration fee for Learn to Skate USA included in price

Select Programs:

Snowplow Sam: Tues 4:00-4:30 ____ Snowplow Sam: Sat 12:30-1:00 ____
Basic 1-6 (K-12): Tues 4:00-4:30 ____ Basic 1-6 (K-12): Sat 12:30-1:00 ____
Beginning Figure Skating: Tues 4:30-5:00 ____
Adult Tues 5:00-5:30 ____

Skater's Name _____ Sex: M __ F __

Address _____

City _____ State _____ Zip _____

Birth Date _____ Grade _____ Age _____

Email address _____

Please include your e-mail so that we may e-mail updates and cancellations to you!

Parents _____ Phone _____

_____ Phone _____

Emergency Contact _____ Phone _____

Have you had skating lessons? Yes ____ No ____

Have you ever skated? Yes ____ No ____

Have you skated at Open Skate? Yes ____ No ____

The participant is in good health and is capable of participating in the Learn to Skate USA Program. I will comply with all applicable health regulations, including Covid-19 related regulations. I assume the risk of illness and disease from attending any event at Sheridan Ice, LLC. Sheridan Figure Skating Club Learn to Skate USA Program. I understand the potential risk of participation in this program, and, to the maximum extent permitted by law, I irrevocably and forever release and discharge Sheridan Figure Skating Club, its members, employees, and agents (hereafter collectively referred to as "Releasees") from any and all claims or liabilities of any kind, nature and description (including claims for Releasees' alleged negligence) arising out of or related to any personal injury, suffering, death or damage sustained by the participant or the undersigned on account of or in any way resulting from the participants participation in the Learn to Skate program. To the maximum extent permitted by law, the undersigned agrees to indemnify and hold the Releasees harmless from any claims (including claims arising from the Releasees' alleged negligence) made against the Releasees by or on behalf of the participant or the participant's personal representatives or the undersigned as a result of the participant's participation in the Learn to Skate USA Program.

Participant/Parent/Guardian signature*: _____

Date: _____

*If skater is under 18 years of age, Parent or Guardian must sign.

**Sheridan Figure Skating Club Learn to Skate USA Program
2022/2023 Season Registration Information**

Skating programs are designed for children in grades K-12 and adults. The entire focus is on skating skills and having fun. Each developmental level is comprised of various skating components. The progression is structured for the skill development of all participants. We offer instruction to participants interested in introductory skating, recreational skating and competitive figure skating. The skating programs include:

Snowplow Sam is for ages 3 to 5 years old. It is designed to help children develop the preliminary coordination and strength necessary to maneuver on skates without the parent.

Basic 1-6 (K-12) & Adult program: The mission of the Basic Skills Learn to Skate Program is to provide a goal-oriented program that encourages ice skating at all levels and to enhance the quality of skating skills at these levels. Classes follow a progression introducing new skills once the previous skills have been mastered. Skills in Basic 1-3 are designed to build students confidence on the ice and familiarize them with the basics of skating. Skills include: forward skating, gliding, stopping, backward skating and swizzles. Basic 4-6 introduce more complex skills like forward and backward crossovers and introductory figure skating elements like spins and jumps. Students must pass all of the skills in each level to progress to the next level. Adult classes offer skaters a chance to improve their skating skills while improving balance and strength.

Beginning Figure Skating: This class is open to skaters who have mastered forward crossovers. Skaters will have the opportunity to learn some additional skills with the intention of moving toward competitive figure skating. The focus will be on body position, edge correctness, skill development and choreography.

Ice Show: The Ice Show Session is for skaters of all ages and abilities to showcase their skating skills. Skaters will be grouped by ability and learn a choreographed group routine to perform in the spring Ice Show. It is a great introduction to skating in front of a crowd and an opportunity for family and friends to cheer on their skater. Practice for the Ice Show will be twice a week on **Tuesday AND Thursday** in order to prepare for the show. Please be sure the skaters can attend all of the practices.

Session Dates: **Session 1: November 8–December 17 (6 week session)**

Session 2: January 10–February 18 (6 week session)

Ice Show Session: February 21-March 18 (4 weeks)

Ice Show: In March -TBD

Times: Snowplow Sam (3-5 year olds): Tuesday 4:00-4:30 or Saturday 12:30-1:00

Basic 1-6 (K-12): Tuesday 4:00-4:30

Basic 1-6 (K-12): Saturday 12:30-1:00 (skaters can practice at Open Skate after lesson)

Beginning Figure Skating: Tuesday 4:30-5:00

Adult: Tuesday 5:00-5:30

*** Open Skate is a great time to practice skills. Check schedule weekly

Fees: \$100.00 per Session for Snowplow Sam, Basic 1-6 and Adult Lessons

\$75.00 Ice Show Session (Costume will cost extra for Ice Show)

*Yearly registration fee for Learn to Skate USA included in price

Please make checks payable to Sheridan Figure Skating Club or SFSC

(If for some reason you can't attend class, there will a 10% refund fee)

Skates: Use of skates from the rink for your skating session is included with your fee.