

# Bourne Skating Club

[www.bourneskatingclub.org](http://www.bourneskatingclub.org).



## US Figure Skating Basic Skills Learn to Skate & Bridge Programs

Session Three  
Spring

March-April 2010

**BOURNE  
SKATING  
CLUB  
USFS  
BASIC SKILLS  
PROGRAM**

### Learn to Skate (LTS)

35 minute lesson  
15 minute practice  
Approximately 10 skaters per  
class

Levels Included:

**Snowplow Sam 1-3  
Basic Skills 1-4**

### Bridge

30 minute semi private lesson.

Levels Included:

**Basic Skills 5-8  
Freestyle 1-6  
Adult 1-4**

**Adult Classes:** Not only fun  
activity, but is a wonderful  
way to EXERCISE!!



### **Bourne Skating Club United States Figure Skating Basic Skills**

Learn To Skate and Bridge Programs

Located at the  
John Gallo Ice Arena, Bourne  
(Cape Side)

[www.bourneskatingclub.org](http://www.bourneskatingclub.org)  
508-759-7321

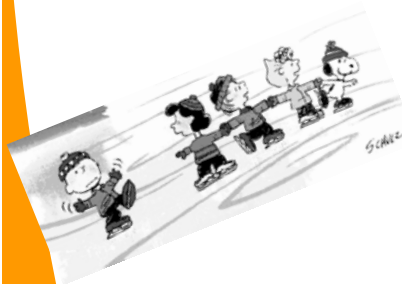
### LEVELS

**Snowplow Sam 1-3:** This program is for tots ages four through six. The Snowplow Sam program teaches tots the basics of ice skating in a fun and safe environment. Snowplow Sam emphasizes the basic coordination necessary to maneuver on the ice.

**Basic Skills 1-8:** This program teaches the participants (ages 6-Adult) the basics of ice skating and emphasizes the proper techniques of the basic skating elements.

**Freestyle 1-6:** Once completing Basic 1-8 a skaters can continue to build their skating skills. Freestyle levels are designed to strengthen basic skills and advance skaters to the club's freestyle ice and private lessons.

**Bridge:** A specialized program designed to transition athletes to club membership and its benefits.



*March 2010– Spring Session  
US Figure Skating Basic Skills  
Learn to Skate & Bridge Programs*

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Male  Female Last Level Comp: \_\_\_\_\_

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

Email: \_\_\_\_\_

Last Level Passed: \_\_\_\_\_

**United States Figure Skating Basic Skills**  
**Learn to Skate (LTS)**

Please Circle :

**Spring Session-6 weeks \$75**

**Monday 4:10-5:00pm 1st class March 8th**

or

**Saturday 12:10-1:00pm 1st class March 13th**

Snowplow Sam 1 2 3

Basic 1 2 3 4

Not Sure what level

**Bridge Program- Semi Private Lessons**

**Spring Session-6 weeks \$112.50**

**Monday 5:00-5:30 pm or 5:30-6:00pm**

**Classes begin 3/8/2010**

Basic 5 6 7 8

Freestyle 1 2 3 4 5 6

Adult 1 2 3 4

**PAYMENT**-Please make checks payable to The Bourne Skating Club. Returned checks will have a \$25 additional fee. Please **mail your registration to: The Bourne Skating Club, P.O. Box 284, Buzzards Bay, MA 02532**

**Medical Release**

Does your child have any health conditions or other conditions we should be aware of?

No

YES: \_\_\_\_\_

I give permission for the above named to participate in the skating program under the direction of the Bourne Skating Club, Inc. I agree not to hold the Bourne Skating Club, Inc. responsible for injuries or misfortunes sustained while participating in the program. I authorize the Bourne Skating Club, Inc. to seek emergency treatment if I cannot be contacted at the time of an emergency.

Parent/Guardian Signature

\_\_\_\_\_

Date \_\_\_\_\_

**Media/Photograph Release**

From time to time, the Bourne Skating Club posts pictures on our website or in the newspaper of our club members while skating (competitions, shows, lessons, etc.). We need your consent in order to post these pictures for public viewing. Please read and sign below.

I do \_\_\_ / I do not \_\_\_ give permission to have pictures of myself /my child(ren) posted on the website or in the newspaper.

Parent/Guardian Signature

\_\_\_\_\_

Date \_\_\_\_\_

**What do I wear?**

Warm jacket & comfortable pants

A pair of gloves is **REQUIRED**

LTS Skaters: A hat is **REQUIRED**

Helmet is **REQUIRED** for all beginner skaters

NO double blade skates are allowed.

Skate rental is available (\$3.00/session)

**PLEASE MAKE A COPY  
FOR YOUR REFERENCE.**

