

# Ames Learn to Skate USA Program

Sponsored by: Ames Figure Skating Club



The Ames Learn to Skate Basic Skills Program promotes ice skating and hockey in the community by providing safe, fun & high quality group instruction in accordance with Learn to Skate USA guidelines. Classes are offered year-round at the Ames/ISU Ice Arena, 1507 Gateway Hills Park Drive.

**Programs Offered – Ask us if you need help determining the right class for you.**

**Basic Classes 1-6:** These levels introduce the fundamental moves of ice skating: forward and backward skating, stops, edges, crossovers, three turns, Mohawks and spins. **Basic 1 is for beginners and those with little experience and above the age of 6.**

**Snowplow Sam 1-4:** Designed for children **ages 3-6** with no prior skating experience to build confidence while learning the basic skills of skating.

**Freestyle Classes - Pre-Free Skate – Freeskate 6:** Introduction to more advanced figure skating skills. Skater must complete Pre-Freeskate to register.

**Adult Classes 1-6:** Teen through senior citizens can enjoy learning beginner through advanced skills.

**Hockey 1-4:** Fundamentals of hockey to help maneuver faster and be more agile on the ice. All elements will be taught without sticks.

Wednesday 6:05-6:45 PM	Friday 4:50-5:30 PM	Saturday 9:15-10 AM
Levels Offered: Snowplow Sam, All Basic Levels, Hockey, Adult, Freestyle	Levels Offered: Snowplow Sam, All Basic Levels, Adult, Freestyle	Levels Offered: All Basic Leves, Freestyle, Adult
<u>Session 1</u> 9/4, 9/11, 9/18, 9/25, 10/2, 10/9	<u>Session 1</u> 9/6, 9/13, 9/20, 9/27, 10/4, 10/11	<u>Session 1</u> 9/7, 9/14, 9/21, 9/28, 10/5, 10/12
<u>Session 2</u> 10/16, 10/23, 10/30, 11/13, 11/20, 12/4	<u>Session 2</u> 10/18, 10/25, 11/1, 11/15, 11/22, 12/6	<u>Session 2</u> 10/19, 10/26, 11/2, 11/16, 11/23, 12/7
<u>Session 3</u> 1/8, 1/15, 1/22, 1/29, 2/5, 2/12	<u>Session 3</u> 1/10, 1/17, 1/24, 1/31, 2/7, 2/14	<u>Session 3</u> 1/11, 1/18, 1/25, 2/1, 2/8, 2/15
<u>Session 4</u> 2/19, 2/26, 3/11, 3/25, 4/1, 4/8	<u>Session 4</u> 2/21, 2/28, 3/13, 3/27, 4/3, 4/10	<u>Session 4</u> 2/22, 2/29, 3/14, 3/28, 4/4, 4/11

Cost is \$78.00. Payment is due at the time of class. If registrations are low, class levels may be combined. **No make-up lessons.**

Dates subject to change due to ice availability.

Questions? Contact LTS Director at [skateames@gmail.com](mailto:skateames@gmail.com) or visit our website at [www.amesfsc.org](http://www.amesfsc.org).

Register online at [www.amesfsc.com](http://www.amesfsc.com) or Mail in your registration and payment to:  
AFSC, PO Box 1494, Ames, IA 50014

Please circle: Session    1    2    3    4    Day    W    F    S

Skater Name \_\_\_\_\_ Level \_\_\_\_\_ Birth Date \_\_\_\_\_ M / F

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone (home) \_\_\_\_\_ (cell) \_\_\_\_\_

Parent Name \_\_\_\_\_

**LIABILITY WAIVER AND EMERGENCY MEDICAL CONSENT**  
I hereby release the Ames Figure Skating Club and the Ames Minor Hockey Association, its affiliates, professional staff, Club Officers, and Board members from any and all liabilities as a result of personal injury, which may be sustained by myself/my child. In the event of injury, I authorize Ames FSC to seek on my/my child's behalf, whatever medical treatment the Club may deem necessary.

Skater/Parent Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent/Guardian if under 18)

Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

**Photo Release Statement**  
I hereby consent to and authorize the use of any photographs that have been taken of me and/or my child(ren) for the purpose of marketing/advertising of the AFSC. Such photographs will not have names listed. I hereby acknowledge that I have read and understood the terms of this release.

Skater/Parent Signature \_\_\_\_\_ Date \_\_\_\_\_