

Colonial Figure Skating Club Basic Skills Program

2015 General Information, Policies and FAQs

SESSION DATES

SPRING: 4/6/15 - 6/14/15 No Class: 5/14/15, 5/16/15, 5/17/15, 5/23/15, 5/24/15, 5/25/15

SUMMER SKATE: 5 weeks - 7/29, 8/5, 8/12, 8/19, 8/26

REGISTRATION AND FEES

To Register: Please download an application at www.skatecolonial.org.

Payment: Checks should be made payable to Colonial Figure Skating Club, Inc., and mailed to: Colonial Figure Skating Club, P.O. Box 517, West Acton, MA 01720. There is a \$25.00 fee for returned checks. We also accept VISA, MASTER CARD and DISCOVER (not American Express).

Late Fee: Registration due date is one week prior to the session start date. A late processing fee of \$10.00 will be applied to all applications received after the due date of each session.

Discounts:

Multi Class: Skaters enrolled in more than one class per week, will receive a 10% discount off of the second class enrollment fee.

Family Discount: Families registering more than one member in the same session will receive a \$15.00 discount off the class fee for the 2nd family member, and a \$15.00 discount off the class fee for the 3rd family member.

Refunds: All class and registration fees are non-refundable.

POLICIES

Walk-ons and Make-Ups: Walk-ons and make up classes for individually missed classes are not permitted. Basic Skills participants must attend only their registered class, and registrations must be paid in full in the office before getting on the ice. Permanent switches to a different day/class time during the session may be allowed at the discretion of the Program Director providing there is space available in the child's level, in the class you are choosing.

Snow Cancellations: We do not follow AB school cancellations. Please call 978- 263-3020 or visit www.skatenashoba.com for snow cancellations. If class is cancelled due to NVO closing, you will receive a make-up voucher to make up the missed class by attending one of the other classes during THE CURRENT SESSION.

Bring a Buddy: Bring a Buddy dates will be announced at the beginning of each session. Each registered skater can bring a friend to skate for free on the specified date. Please be sure to complete the waiver form prior to class so your friend can join the fun!

CLASS INFORMATION

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One hour basic skills classes = 30 minutes of instruction and 30 minutes of supervised practice ice

One hour advanced skills classes = 60 minutes of instruction

45 minute ice cube classes = 30 minutes of instruction and 15 minutes of supervised practice ice

Class size will normally not exceed 10 students. Class levels may be combined as needed. If only one skater attends a class, the student will be taught for 15 minutes by the class instructor as this is a private lesson. The skater will remain on the ice for the rest of the class.

Substitute Coaches: Due to competitions or personal matters, classes may be conducted by a substitute coach. We thank you in advance for your understanding.

Skater Evaluations: Evaluations will be conducted the last two weeks of every session to determine if skater is ready to move to the next level. Once a skater has successfully passed a level, they receive a complimentary badge.

Private Lessons: Private lessons are available for your skater during the 15- minute free skate portion of their Learn to Skate class. Private lessons allow your skater to improve their skills at their own rate of learning and get to the next level more quickly. The cost is \$15.00 for 15 minutes and all financial arrangements are made directly with the coach. If you are interested in private lessons, please contact Co-Directors Sheryl Franks or Kelly Richall, and they will direct you towards an available instructor.

Skating Attire: Skaters should wear gloves or mittens, a helmet, thin socks which cover their ankles, and warm, layered clothes which allow for freedom of movement (jeans and snowsuits are not recommended). We recommend figure skates (the longer blade provides the skater with more mobility); however, hockey skates are allowed. **Double runner blades are not allowed.**

FAQs:

How do I pick out skates? How do I tie the skates? Is it okay to buy used skates? How do I take care of my skates?

Skate boots should have a snug fit and be relatively firm through the ankle. They are too small if they pinch your toes. Do not buy a boot that is collapsing in the ankle as it will be broken down and not provide adequate support.

Skates typically run 1 to 2 sizes smaller than street shoes. Please do not buy skates that are too big as serious injuries can result.

To lace the skates, pull the tongue up and make sure it is straight. Lace the skate firmly from the second or third set of laces from bottom to the ankle with consistent tension throughout. The top two hooks can be slightly looser to allow for some flexibility. Do not tie big bows with them as skaters can trip over them.

Also dry your skate blades with a towel before storing them in your skate bag to prevent the blades from rusting. Use guards when not on the ice to protect the blades from dirt. Sharpen your blades at least once a session. Brand new blades need to be sharpened prior to being used!

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How old do you have to be in order to take lessons?

We offer lessons from ages 2.5 to adult.

After I register my skater, what happens next?

You will only be notified if the class was full or cancelled. Otherwise, please plan on arriving 30 minutes early on the first day of class.

Please review What to Expect on the First Day of Class so you are properly prepared.

How many sessions will it take for my skater to pass a level?

Progress varies from skater to skater and depends on a variety of factors such as the quality of their skates and how often they are practicing during the week. Many skaters will need more than one learn to skate session to acquire the required elements at their level.

Encourage your skater to practice their elements during the free skate portion of their class. Private lessons will also result in faster progress.

Does Colonial offer hockey instruction?

No, however, hockey players are welcome to participate in our program. The USFS Basic Skills Curriculum is the only Basic Skills program endorsed by USA hockey. All skaters will learn the correct skating techniques necessary in order to improve balance, coordination and speed.

Want to improve your edge quality and increase your stride length?

Join Colonial's Basic Skills program today! Remember – 90% of the game is skating; i.e., crossovers, starting and stopping, footwork. Just ask Bobby Orr!

After my skater completes the Basic Skills program, what comes next?

Colonial offers an Advanced Free Skate Bridge Program for skaters in levels Free Skate 1-6, No Test and Pre-Preliminary. This 60 minute elite class is designed to help skaters take their skills to the next level! Skaters will be introduced to the various other skating disciplines such as; ice dancing, synchronized skating, Theatre on Ice, Pairs and Moves in the Field.