

Silver Streaks Skating Club

Junior Club – “USFSA, Learn-to-Skate” Program

McVann-O’Keefe Skating Rink, Lowell Street, Peabody, MA 01960

YEARLY REGISTRATION FEE: First family member \$25.00, each additional member, \$15.00 per skating season. Annual registration fee is applicable to the September – June season, renewed annually and NON-REFUNDABLE.

Group Lesson	Sunday, 3:50 – 4:50 (1/2 hour lesson, 1/2 hour practice)	Wednesday, 4:10-5:05 (40 min. lesson, 10 min. practice)
Session 1	September 13 – November 15, 2008 (10 weeks, 9 lessons) Program Cost - \$ 126.00 Bridge Program (must pass Basic 4 or higher to be eligible) 4:50 - 5:20 pm. - additional \$ 90.00 ***No Lessons on October 11, 2009, Columbus Day	September 16 – November 11, 2009 (10 weeks 9 lessons) Program Cost - \$ 126.00
Session 2	November 22 – January 24, 2010 (10 weeks, 9 lessons) Program Cost - \$ 126.00 Bridge Program (must pass Basic 4 or higher to be eligible) 4:50 - 5:20 pm. - additional \$ 80.00 (8 lessons) No bridge class during Holiday Exhibition ***No Lessons on December 27, 2009, School Vacation	November 11 – January 27, 2010 (10 weeks, 9 lessons) Program Cost - \$ 126.00 ***No Lessons November 25, 2009, Thanksgiving ***No Lessons on December 30, 2009, School Vacation
Session 3	January 31 – March 28, 2010 (9 weeks, 9 lessons) Program Cost - \$ 126.00 Bridge Program (must pass Basic 4 or higher to be eligible) 4:50 - 5:20 pm. - additional \$ 90.00 ***No Lessons on April 4, 2010, Easter	February 3 – April 7, 2010 (10 weeks, 9 lessons) Program Cost - \$ 126.00 ***No Lessons on February 17, 2010, School Vacation
Session 4	April 11 – June 13, 2010 (10 weeks, 9 lessons) Program Cost - \$ 126.00 Bridge Program (must pass Basic 4 or higher to be eligible) 4:50 - 5:20 pm. - additional \$ 90.00 ***No Lessons on May 30, 2010, Memorial Day	April 14 – June 16, 2010 (10 weeks, 9 lessons) Program Cost - \$ 126.00 ***No Lessons on April 21, 2010, School Vacation

Please note, skaters must participate in Session 3 & 4 to be in the annual show, May 2010

ABOUT THE PROGRAM

REGISTRATION INFORMATION: Registration is based on a first come, first serve basis. Applications are accepted in person, by mail, or by dropping off the application to the rink in the SSSC mailbox next to the office door in the lobby. (Payment by check or money order only). **Registration will be accepted on an on going basis, subject to space available.**

WALK-IN REGISTRATION: Held the first and last lesson day of each session, from 3:00 to 4:00 pm in the lobby of McVann-O’Keefe Skating Rink in Peabody, MA.

MAIL-IN REGISTRATION: ON GOING, Judi Sinclair, SSSC Skating Director, 23 Fuller Road, Middleton, MA 01949

QUESTIONS/COMMENTS: Judi Sinclair, Skating Director, at ssc8@yahoo.com or by phone: 978-777-4087.

GENERAL INFORMATION:

- All skaters will be registered with the United States Figure Skating Association (USFS). All registered skaters in this program are considered Junior Club member of Silver Streaks Skating Club (SSSC). The SSSC permits Junior Club members to participate in certain activities during the year.
- The recommended age to start skating in the SSSC Jr. Club lesson program is age 4 (unless previously skated) or at the discretion of the Jr. Club Skating Director.
- Classes include skaters of all ages, and skaters are grouped according to ability. However, we also accommodate adult and young adult skaters, based on interest, etc.
- ALL SKATERS ENROLLED IN BEGINNER, SNOWPLOW SAM 1-3 or Basic 1 – 2 classes, including ADULTS, MUST wear a helmet.** (Bicycle helmets are fine.) Gloves or mittens are also a must.
- Reimbursements and/or Make Up Classes are not available for missed classes.
- SSSC does not have skate rentals available. The rink does have rentals available. SSSC recommends that skaters have their own, single blade skates (figure skates or hockey)

Silver Streaks Skating Club
"USFSA Learn to Skate" Junior Club Lesson Program
McVann-O'Keefe Skating Rink, Lowell Street, Peabody, MA 01960
Sunday 3:50 P.M. – 4:50 P.M. and/or Wednesday 4:10 P.M. – 5:05 P.M.

Name: _____ DOB: ___/___/___ Age: _____ M/F: _____

Address: _____ City: _____ State _____ Zip Code _____

Telephone # _____ E-Mail: _____

Work/Cell Phone # _____ Are you interested in private lessons for your skater? Yes/No
 If yes, a Senior Club & Coach's information packet will be sent.

Previous skating lessons? _____ If yes, Badge Level Passed/Location*: _____

*Please indicate skater's current level. New Skaters, please check Snowplow Sam 1 if 7 years old or under, and Basic 1 if 8 years old or older.

INDICATE DESIRED LESSON, please indicate desired day(s): **Sunday** _____ and/or **Wednesday** _____

Children, 7 & younger*	Hockey program – Level 1 _____ Level 2 _____	Adult (min. 4 adults to offer)
Snowplow Sam 1 _____	Basic 1 _____	Adult Beginner _____
Snowplow Sam 2 _____	Basic 2 _____	Adult Intermediate _____
Snowplow Sam 3 _____	Basic 3 _____	
	Basic 4 _____	
	Basic 5 _____	
	Basic 6 _____	
	Basic 7 _____	* Bridge program 4:50-5:20 _____ (must pass Basic 4 or higher to be eligible)
	Basic 8 _____	

*** All skaters in Snowplow Sam and Basic 1-2 levels are required to wear a helmet.**

Upon participating in activities/events sponsored by USFSA and/or its member clubs, I/We agree to abide by the rules of the USFSA as currently published. I/We understand and appreciate that participation or observation of the sport constitutes a risk to me/us of serious injury, including permanent paralysis or death. I/We voluntarily and knowingly recognize, accept, and assume this risk and release USFSA, its Affiliates, their sponsors, event organizers and officials from any liability therefore. Silver Streaks Skating Club, including professional instructors and assistants, the USFSA, the McVann-O'Keefe Ice Arena, and their personnel shall have no legal liability for damages, injuries, or losses suffered by skaters in any Silver Streaks Skating Club program. The skater and/or family hold the organizations and their respective officers harmless from any and all liability for injuries, damages or loss of property.

SIGNATURE: _____ Date _____
 (Parent's signature, if skater is 17 years old or younger)

Payment may be made by cash or check. Fees include:

- \$25.00 annual registration fee (for first member, add'l family members are \$15.00). This includes a one-year Basic Skills USFSA membership.
- A **10% discount** for the lesson cost will be offered to siblings, enrolled in the same session.
- A **10% discount** for the lesson cost will be offered to any skater taking lesson on **both** Wednesday and Sunday
- Payment must be made no later than the start of the first lesson of each session.
- \$25.00 service fee on returned checks

Payments may be made by cash, check or money order. Please make checks payable to Silver Streaks Skating Club. You may register in person on the last and first day of each session, at the rink, from 3:00 – 4:00 pm or by mail.

Please complete an application and enclose payment check. Send to:

Judi Sinclair
C/O Silver Streaks Skating Club
23 Fuller Road
Middleton, Ma 01949

Questions please call Judi Sinclair (Junior Club Director) at 978-777-4087 or e-mail ssscsk8@yahoo.com.

OFFICE USE ONLY:

Registration Paid/Amt: _____ Date _____ Session Paid/Amt: _____ Date _____

CLASS DESCRIPTIONS

- Snowplow Sam 1** (Ages 4-7) – Never been on ice before or beginner. Contents: How to get up, marching, gliding, touch toes, building confidence.
- Snowplow Sam 2** (Ages 4-7) – Passed SPS 1. Contents: Dip while moving, rocking horse, hop on spot, backward wiggles, long glide.
- Snowplow Sam 3** (Ages 4-7) – Passed SPS 2. Contents: Forward skating, forward one-foot glide, forward Swizzles, backward swizzles, forward snowplow stop, forward slalom
- Basic 1** (Ages 8 and up) – Never been on ice before or never taken any formal lessons. Contents: Sit on ice and get up, march forward, forward two foot glide, rocking horse, dip, forward swizzles, two foot hop, backward swizzle, snowplow stop
- Basic 2** Passed Basic 1. Contents: Forward one foot glide, backward two foot glide, backward swizzles, two foot turn, moving snowplow stop, slalom
- Basic 3** Passed Basic 2. Contents: Forward stroking, forward ½ swizzle pumps on a circle, moving forward to backward two foot turn, backward one foot glide, forward slalom, two foot spin
- Basic 4** Passed Basic 3. Contents: Forward outside and inside edges on a circle, forward crossovers, forward outside three-turns, backward ½ swizzles pumps on a circle, backward stroking, backward Stop
- Basic 5** Passed Basic 4. Contents: Backward outside and inside edge on a circle, backward crossovers, one foot spin, hockey stop, side toe hop
- Basic 6** Passed Basic 5. Contents: Forward inside three-turn, moving backward to forward two foot turn on a circle, t-stop, bunny hop, spiral, lunge
- Basic 7** Passed Basic 6. Contents: Forward Mohawk, backward outside edge to forward outside edge, ballet jump, backward crossovers to backward outside edge, forward inside pivot
- Basic 8** Passed Basic 7. Contents: Moving forward outside and inside three-turns, combination move, one foot spin, waltz jump, mazurka
- Free Skate 1** Passed Basic 1-8. Contents: Advanced forward stroking, forward outside and inside edges, back outside three-turn from backward crossover, scratch spin, waltz jump from back crossovers, half flip
- Free Skate 2** Passed Free Skate 1. Contents: Back outside and inside edges, forward outside and inside spirals forward progressive chasse, waltz threes, beginner back spin, waltz jump-side hop-waltz jump, toe loop
- Free Skate 3** Passed Free Skate 2. Contents: Forward and backward crossovers in a figure 8 pattern, waltz eight, swing rolls, back inside three-turn, back spin, salchow, half lutz, waltz/toe loop jump
- Free Skate 4** Passed Free Skate 3. Contents: Spiral sequence, power 3turns, continuous backward progressive chasses, sit spin, loop jump, waltz jump/loop jump combination
- Free Skate 5** Passed Free Skate 4. Contents: Backward outside 3 turn Mohawk to backward crossovers, spiral sequence, forward outside slide chasse swing rolls, camel spin, flip jump, jump sequence
- Free Skate 6** Passed Free Skate 5. Contents: Alternating back crossovers to back outside edge, 5 step Mohawk sequence, camel/sit spin, split/stag jump, waltz/1/2 loop/salchow jump, lutz, axel (walk through, preparation, jump)
- Bridge Program** The US Figure Skating Bridge Program is designed to be a "bridge" between Basic Skills group lessons and Private Lessons. Each week, students may participate in an on-ice session designed by US Figure Skating. The on-ice session will include elements like stroking and edges, introductory moves-in-the-field, spins, and jumps, and artistry in motion. The skater will also learn off-ice elements including proper stretching and warm-up activities, and conditioning exercises.
- Hockey Program** (with hockey coach) Level 1 – basic skills including stick and puck handling
Level 2 – sharpen your skill for speed and accuracy