



# LEARN TO SKATE USA



## Greater Green Bay Figure Skating Club

Join us for lots of fun, friendship and exercise...all year round!!

Spring

Saturdays - April 13, 20, 27 May 4, 18 5 Week term

All classes held at De Pere Ice Arena, 1450 Fort Howard, De Pere

### REGISTRATION MUST BE DONE ONLINE ONLY, PLEASE FOLLOW THE BELOW STEPS

1. Go to <http://greatergreenbayfsc.com>
2. Click on the Learn to Skate "Online Registration" link.
3. Choose "Access my Account" Tab under Existing Members
4. Enter your email address and password
5. Under "Contract Ice", select "Browse & Purchase"
6. Select Learn to Skate
7. Select Member
8. Choose your class
9. Add it to your cart.
10. Check out is on the top right-hand corner.

#### Full Fee for Session Must Be Paid in Advance with Registration and Yearly Membership Fee

Yearly Basic Skills Membership Fee \$22.00 (July 1, 2023 - June 30, 2024) Pay once per year.

\$22.00

Half Hour Learn to Skate Class plus half hour practice time included!!

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\*\*\* Per Club policy, sessions cannot be pro-rated or refunded without medical excuse

Total: \$ \_\_\_\_\_

#### Available Classes:

Saturday 8:30 – 9:30 \$65	Saturday 9:30 – 10:00 \$40
Snowplow Sam 1 2 3 4	Aspire Beyond the Basics
Basic 1 2 3 4 5 6	(Skaters Basic 4 and up)
Adult 1 2 3 4 5 6	Hockey 1 2 3 4 Power
Freestyle Pre 1 2 3 4 5 6	

The Greater Green Bay Figure Skating Club, our professional staff, or any employee of the De Pere/Cornerstone Ice Arena WILL NOT BE HELD RESPONSIBLE for any accidents or loss of property on or off the ice. Classes may be combined or changed to optimize participation. \* I have read the concussion information and am aware of the symptoms.\* I/We have read the GGBFSC Handbook, Safe Sport Handbook, and Code of Conduct, and agree to all Conditions set forth therein.

See the back page for Important Information:

**FIRST TIME SKATERS IN OUR PROGRAM:** Snowplow Sam 1 is the beginning level for 3 to 5-year-olds. Basic 1 is the beginning level for skaters 6 years and older. Adult 1 is the beginning level for skaters 18 years and older. After you master the skills at Level 1, you will graduate to Level 2, and so on. Report Cards are given will be given out for each level mastered. Each class includes ½ hour of practice ice.

**Helpful Hints:** Wear gloves / Mittens, wear bicycle or hockey helmets for beginning skaters. Wear knit pants for flexibility (snow pants are OK). Layer heavy shirts or jackets, single blade, sharpened skates are required. Skate rentals are available at the rink. If you have any questions: call the LTS Director at 920-819-9308. Visit our website at: [greatergreenbayfsc.com](http://greatergreenbayfsc.com) Advanced registration is required. Class sizes are limited & fill quickly.

**US Figure Skating Membership-**Skaters need to pay a yearly fee of \$22.00 for a basic skills membership. This allows the skater to compete at Basic Skills competitions and includes sports insurance coverage. A skills booklet and other information will be directly mailed to you.

**Name Tags -** All skaters MUST wear name tags! This is how we can tell what class your skater is in and then we can help them get to their classes on time. If you are on the ice, you must wear a nametag.

**Concussions and Safe Sport -** Unfortunately, concussions happen in many sports. We want you to be aware of the symptoms and be informed about concussions just in case you or your skater gets injured. GGBFSC's website has information for you at: <http://www.greatergreenbayfsc.com/ConcussionParents.pdf>. All Handbooks are on the GGBFSC website forms tab. Thank you for being compliant.

**Bridge to Club Program-**See what being a full club member is all about! Skaters (Basic 6 and above) will skate on private club ice and get private lessons from various GGBFSC coaches. 4- or 8-week program. See Director Sarah for more information.

**Coaches -**We take pride in knowing that our coaches are professionally trained and certified by Learn to Skate USA!!

**Specialty Classes will only be available on Saturday mornings and Wednesday evenings in the Summer. Classes will vary by session. You must be registered for a regular class to join a specialty class.**

**Hockey -** The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels. Skaters will learn the basic hockey stance, stride, knee bend, use of edges, and other necessary fundamentals to be successful in hockey practices and game situations.

**Synchro -** Is your skater interested in trying Synchronized Skating? Skaters Basic 1 and up are invited to sign up to learn basic synchronized skills: lines, wheels, blocks, circles, and more! This is a great opportunity for your skater to continue developing their skating skills while also participating in a team activity. This class will introduce you to our KICKS Synchronized Skating Program! For more information on Synchronized Skating, feel free to check us out on the GGBFSC Website!

**Skating Skills & Drills -** Join us to learn the introduction to Skating Skills and Drills! In this class, your skater will work on increasing their overall skating skills. This class is a transition to more advanced skating techniques that your skater will develop throughout their skating careers! We will focus on power, balance, strength, and flexibility in relation to skating skills and technique. This class is open to skaters Basic 3 & up.

**Private Lessons -** Work one-on-one with one of our fabulous Learn to Skate coaches to help your skater pass to the next level. Private lessons are only available on Saturday mornings or Wednesday evenings in the summer.

***New! Aspire Beyond the Basics Class (Introduction to Club)!***

Are you looking to join the Greater Green Bay Figure Skating Club soon, to further your journey in figure skating? Join us for the *Aspire Beyond the Basics Class!* This speciality class will run as an Introduction to Club Skating with the Greater Green Bay Figure Skating Club, and is a great opportunity for skaters to take part in before they enter the Bridge Program. Each week, the program will rotate through different areas of the U.S. Figure Skating testing and learning protocol. This includes Skating Skills, Singles, Dance, and more. It also incorporates different LTS Class Levels including Dance, AIM, and FS. In addition to these skating skills, skaters will learn the basics of Club Ice Etiquette and how a club ice session typically runs. This class is open to skaters Basic 4 and up. If you have any questions on this speciality class, please reach out to [ggbfsc.lts@gmail.com](mailto:ggbfsc.lts@gmail.com).