

Registration Form

Name _____

Address _____

City, State, Zip _____

Telephone _____

Emergency Tel. _____

Email _____

Skaters DOB _____ Age at Registration _____

Prior Class Experience _____

Guardian's Name _____

Please circle the session you are registering for:

Fall 2011 Winter 2012 Spring 2012

Payment must accompany application. Skater must be a current member of either the Sun Valley FSC or the U.S. Figure Skating Basic Skills program. Annual memberships for each category run July 1 to June 30th each calendar year.

Annual Basic Skills membership \$20. Annual Sun Valley FSC membership \$90, which includes a 12 punch General session card or a one time 50% discount on a 24 punch card.

Please list the class you are registering for:

Please indicate type of membership:

Total Class Fees and membership due _____

Payments may be made by cash/check/Visa or MasterCard. Online registration is available at www.sunvalleyfsc.com Please click on the "classes" tab.

All participants must have a waiver and release on file prior to 1st class. Forms available at time of registration.

General Information

The Sun Valley Figure Skating Club is pleased to offer group skating classes to the children of the Wood River Valley. The club is a non-profit 501(c)3 organization, and is able to keep these classes priced at very reasonable rates through donations and fundraising. The Club encourages and needs parental involvement. Periodically throughout the year, the Club offers additional events such as the Sun Valley Winter Games, the Sun Valley Summer Championships and the annual Spring Show. Should your child participate in these additional activities parental volunteering is mandatory.

The SVFSC Mission Statement

To promote and foster the sport of figure skating through the development of skaters at all levels under the auspices of United States Figure Skating. To provide the organization, training and programs to enable skaters to reach their fullest artistic and athletic potential in any USFS discipline, as well as to instill camaraderie and good sportsmanship. To cultivate an appreciation for the sport and to support its success within the local community.

Sun Valley FSC / Sun Valley Skating Center

P O Box 351
Sun Valley, ID 83353

Sun Valley FSC Office Phone 208-622-8020
Sun Valley Skate Center Desk 208-622-2194
E-mail: info@sunvalleyfsc.com
www.sunvalleyfsc.com for more information
and online registration

Skate With Us Classes

Come Join the fun!



*Skating Classes for
All Ages and Abilities*

Session One

Sept 30 to Dec 10

Session Two

Jan 9 to March 18

Session Three

April 12 to June 8

2011 - 2012

New Days

New Times

A More

Affordable

Way to Skate!



**US FIGURE
SKATING**
Basic Skills Program

The mission of the Basic Skills Program is to provide a goal-oriented program that encourages ice skating at all levels and to enhance the quality of skating skills at these levels.

The objectives of the program are:

- ◆ To provide a fun and safe skating experience for the beginner as well as the more advanced skater.
- ◆ To teach correct technique of the simple basic elements.
- ◆ To promote health and physical fitness.
- ◆ To enable all participants to achieve the skills necessary to either skate for fun for the rest of their lives or to move competently into the U.S. Figure Skating advanced test and/or competitive structure.

COSTS

FANTASTIC FRIDAY'S LEARN TO SKATE

\$150.00 per ten week session

This includes ice time on Friday
25 minutes of class instruction
Skate rental if needed

One additional practice time per week

ADVANCED BASIC SKILLS

\$150.00 per ten week session

Tuesday and Thursday 5-6pm

Includes ice time on Tuesday and Thursday
Circuit class format with two instructors for the hour
Skate rental if needed

FREESTYLE CLASS

\$150.00 per ten week session

Monday and Wednesday 4-5pm

Includes ice time on Monday and Wednesday
Circuit class format with two instructors for the hour

DANCE/MOVES IN THE FIELD CLASS

\$75.00 per ten week session

Wednesday 5-6pm

Includes ice time on Wednesday
Circuit class format with two instructors for the hour

SNOWPLOW SAM 1-3



The **Snowplow Sam** levels are designed to help the preschool age skater develop preliminary coordination and strength necessary to maneuver on the ice. Snowplow Sam is a big, fuzzy bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.

BASIC ONE TO EIGHT



The "**Basic Skills**" are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, three turns and mohawks. Upon completion of the Basic 1-8 levels, skaters will have the basic knowledge of the sport, enabling them to advance to the more specialized areas of skating.

DANCE



The **Dance** badge program focuses on the components of ice dancing and reviews the basic edges and turns while skating to music. Skaters will learn the first six dance patterns in the U.S. Figure Skating test structure. These tests can be taken with or without a partner.

FREESTYLE



Freestyle Skaters are always excited to graduate from Basics to the Free Skate levels. Each free

skate level is divided into four sections:

- ◆ Moves in the Field
- ◆ Spins
- ◆ Dance/Footwork
- ◆ Jumps

The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.

What do I receive when I register?

When you join the U.S. Figure Skating Basic Skills Program, you will receive the following items from U.S. Figure Skating to make your skating experience more fun and rewarding:

- ◆ Official Basic Skills membership card
- ◆ Basic Skills record book and stickers
- ◆ General sports accident insurance coverage
- ◆ Year patch, denoting membership year
- ◆ Participation in lessons and skill assessment associated with the program
- ◆ Opportunity to compete and perform in approved event
- ◆ Basic Skills Edition of SKATING magazine

Who teaches the classes?

The Sun Valley FSC / Sun Valley Skating Center has a highly qualified staff of outstanding instructors.

What should I wear?

Dress your child appropriately. Classes are on the outdoor rink. Light weight sweat suits, skating dresses and comfortable clothing are best. During the winter months snowsuits are advisable. Hats and gloves are always a good idea. Helmets are optional.

What is my role as the parent?

- ◆ Bring your child to their free additional practice each week - it is included in the package price and helps them to practice what they have learned in class. Check the General Session schedule at the rink for these times.
- ◆ Keep a record of your child's progress in the booklet that is provided with the program. This helps chart their progress from each session
- ◆ Be on time to each class. Plan to arrive at least 15 minutes prior to the start time to get skates on.