

Winter II 2010
LEARN TO SKATE GROUP LESSONS



offered by
Midland Figure Skating Club
located in the
Midland Civic Arena
405 Fast Ice Drive
Midland, MI 48642

For more information, visit our website:
www.midlandfigureskatingclub.org

ONLINE Registration Now Available!

Program Director:
Kris Hallett
989-839-0419

Session Dates: Winter II 2010

Sunday- Jan 10, 17, 24, 31, Feb 7, 14, 21, 28, Mar 7, 14, 21
Tuesday – Jan 12, 19, 26, Feb 2, 9, 16, 23, Mar 2, 9, 16, 23

NEW!!! Olympic Workshop NEW!!!

Open to all skaters, all levels.

Tuesday, 5:30-6:00 pm, 6wks, \$30.00

Jan 12, 19, 26, Feb 2, 9, 16

MFSC coach's teaching in small groups for future special events. Develop, practice & polish skills with MFSC skaters and coaches. Next event: OLYMPIC DAY

SNOWPLOW SAM (approx. ages 4-6)

3 levels, designed to develop balance and body movement as the skater becomes more comfortable on the ice. **Helmets, bike or hockey, mandatory!**

HOCKEY BASIC SKILLS

Hockey 1-4, for hockey learn to skate. All elements taught without a stick or puck as proper skating technique is emphasized.

Prerequisite: SnowPlow Sam

BASIC SKILLS (K-12 & adults)

Basic 1 – 8. This program teaches fundamentals to all ice sports – including forward/backward skating, turns, stops and crossovers.

FREESTYLE

FS 1-4, advanced footwork, spins, and jumps.

Prerequisite: Basic 8

Sunday, 5:00-5:50 pm, 11 wks, \$143.00

Tuesday, 6:00 – 6:50pm, 11 wks, \$143.00

All groups 50 minutes:

25 min group lesson & 25 min organized practice ice

U-2!

Know how to skate? Want to go exercise with your kids? Then, sign up for practice ice only. Requires USFS registration. Must have a family member enrolled to participate.

Sunday, 5:25-5:50 pm. Tuesday, 6:25 – 6:50 pm

NEW!!! OFF ICE NEW!!!

Tuesdays only, 7:00-7:30 pm

Work with MFSC coach in off ice group setting. Goals are to improve off ice stretching, flexibility, balance and general conditioning skills. Use separate registration form.

Additional Ice Practice –
Available: Sunday, Monday & Thursday
use separate registration form