

The Wissahickon Skating Club
is a member of the United States
Figure Skating Association



PLACE
STAMP
HERE

About the USFS

U.S. Figure Skating is the national governing body for the sport of figure skating in the United States as recognized by the United States Olympic Committee and the International Skating Union. The headquarters, along with the World Figure Skating Hall of Fame and Museum, is located in Colorado Springs, Colo. U.S. Figure Skating is comprised of more than 700 member clubs and 900 Basic Skills programs representing approximately 175,000 members. U.S. Figure Skating's mission is to provide programs to encourage participation and achievement in the sport of figure skating. The organization is charged with the development of the sport on all levels within the United States including athletes, officials, sanctioning of events and exhibitions, and establishing the rules and guidelines by which the sport is governed.



Mail, Scan, or Fax Enrollment to:

WISSAHICKON SKATING CLUB

550 W. Willow Grove Avenue
Philadelphia, Pennsylvania 19118
phone 215-247-1759 x20 fax 215-247-9466
grouplessons@wiskating.com



Wissahickon Skating Club

550 West Willow Grove Avenue, Philadelphia, Pa. 19118

2016 - 2017



**WISSAHICKON
SKATING CLUB**

Learn To Skate
With Snowplow Sam

TOTS



Our TOT classes: Parent and Me

Bring your Favorite Grownup & Learn to Skate!

Ages 3-6 years. SKATES PROVIDED.

Attire: Snowsuits, Helmets, Mittens/Gloves, Boots.

Intro To The Ice

A Fun and Interactive class for Toddlers focused on developing a young skaters comfort level on ice. Skaters will feed into Snowplow 1 as they become ready for skates.

Ages 2-5 years. NO SKATES NEEDED.

Attire: Snowsuits, Helmets, Mittens/Gloves, Boots.

Snowplow 1, 2, 3 and 4

Learn to Skate with "Snowplow Sam" !

Ages 3-6 years. SKATES PROVIDED.

Lesson Times:

Tuesday 12:45p-2:45p

TU1 - 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1

TU2 - 11/8, 11/15, 11/22, 11/29, 12/6, 12/13, 12/20

TU3 - 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21

TU4 - 2/28, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11

TU5 - 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30

Thursday 12:45p-2:45p

TH1 - 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27

TH2 - 11/3, 11/10, 11/17 (11/24 off) 12/1, 12/8, 12/15, 12/22

TH3 - 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16

TH4 - 2/23, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6

TH5 - 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25

Saturday 11:45a-12:45p

S1 - 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22

S2 - 10/29, 11/5, 11/12, 11/19, (11/26 off) 12/3, 12/10, 12/17

S3 - 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, (2/18 off), 2/25

S4 - 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, (4/15 off), 4/22

TOTS and SNOWPLOW SAM

Our Tots Learn To Skate Program follows the USFS "Snowplow Sam" Curriculum, which is designed for skaters ages 3-6.

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

Snowplow Sam 1

- A. Sit and stand up with skates - Off Ice
- B. Sit and stand up with skates - On Ice
- C. March in place
- D. March forward - 8-10 steps
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2

- A. March followed by a long glide
- B. Dip while moving
- C. Backward walking, toes turned inward, shifting weight (4-6 steps)
- D. Backward wiggles (six in a row)
- E. Forward swizzles (2-3 in a row)
- F. Beginning snowplow stop motion (in place or holding barrier)
- G. Two-foot hop in place (optional)

Snowplow Sam 3

- A. Forward skating (8 - 10 strides)
- B. Forward one-foot glide, 2 times the skaters height (R and L)
- C. Forward swizzles (4 - 6 in a row)
- D. Backward swizzles (2 - 3 in a row)
- E. Moving forward snowplow stop (two foot)
- F. Curves

Snowplow Sam 4

- A. Forward skating
- B. Backward two-foot glide, length as skaters height
- C. Backward swizzles (4 - 6 in a row)
- D. Rocking horse (1 forward and 1 backward swizzle, repeat twice)
- E. Two foot turns from forward to backward, in place (both directions)
- F. Two foot hop, in place



CLASSES INCLUDE A 1/2 HOUR LESSON,
RENTAL SKATES, AND PRACTICE TIME

SKATERS SHOULD DRESS WARMLY

HELMETS AND MITTENS ARE REQUIRED!



REGISTRATION FORM

Skater Name _____

Skater Birthdate _____

Parents Names _____

Address _____

Email _____

Phone _____

Circle the CLASS that you wish to enroll in

SNOWPLOW 1 2 3 4
INTRO TO THE ICE (T /TH only) PARENT & ME (T /TH only)

Circle the SERIES that you wish to enroll in

TUESDAYS TU1 TU2 TU3 TU4 TU5
THURSDAYS TH1 TH2 TH3 TH4 TH5
SATURDAYS S1 S2 S3 S4

SEVEN WEEK SERIES \$150.00
FEE INCLUDES USFS REGISTRATION
Classes May be Combined or Cancelled if Low
Enrollment

Please circle payment method: CHECK CREDIT CASH

CREDIT(no amex)# _____ Exp Date _____

Amount to Charge: _____ Check # _____

HOLD HARMLESS AGREEMENT: Having full knowledge of the nature of this activity and the hazards involved, I hereby certify that I have personal medical insurance coverage for any "bodily injury" that may occur and assume full responsibility for all losses and injuries sustained while involved in this activity as it relates to this facility. I also hold harmless the Wissahickon Skating Club, its insurers, their agents, coaching staff and employees, and any associates from any claim related thereto.

PARENT/GUARDIAN SIGNATURE _____

PRINT NAME _____

RELATION TO PARTICIPANT _____ DATE _____