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

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 x 28 fax 215-247-9646

grouplessons@wissskating.com

endorsed by

PLACE STAMP HERE

Wissahickon Skating Club

550 West Willow Grove Avenue, Philadelphia, Pa. 19118

SUMMER

WISSAHICKON SKATING CLUB

Learn To Skate

With Snowplow Sam

TOTS

LEARN TO SKATE USA

endorsed by

2016-17

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.
Ages 3-6 years.
NO SKATES.
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 Dates and Times:

Tuesdays
7:15p - 8:15p
7/18, 7/25, 8/1, 8/8,
8/15, 8/22, 8/29

FEE INCLUDES USFS REGISTRATION
Classes May be Combined or Cancelled If Low Enrollment

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

REGISTRATION FORM

Skater Name_____

Skater Birthdate_____

Parents Names _____

Address_____

_____

Email_____

Phone_____

Circle the LEVEL that you wish to enroll in

SNOWPLOW 1 2 3 4

INTRO TO THE ICE PARENT & ME

Seven Week Series $125.00

Please circle payment method:

CHECK CREDIT CASH

Card #_____ **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_____