



## 2011-2012 CAFSC

### Basic Skills Program



Talbot Rink, Gloucester  
WWW.CAFSC.ORG

**WHO SHOULD ATTEND:** Skaters that have achieved skills offered in our Learn to Skate Program and want to continue progression into the Basic Skills & Freestyle levels offered with Cape Ann Skating Club membership.

**ABOUT THE PROGRAM:** The Cape Ann Skating Club's Basic Skills & Freestyle program offers 1<sup>st</sup> year discounted membership to skaters wishing to continue skating progression beyond the learn to skate levels.

With Club membership your skater will benefit from the skating opportunities available under the Ice Skating Institute Recreation Program (ISI).

The ISI Program fosters a spirit of participation, not elimination, so all skaters are rewarded and made to feel successful by developing lifetime skills including a healthy dose of exercise, making friends, and building self-esteem to benefit skaters throughout life.

#### **CLUB MEMBERSHIP INCLUDES:**

Group and Private lesson ice at discounted member rates 3 days/week.

**Coaching by professional skating instructors** registered and certified by the Professional Skaters Association (PSA).

**Ice Skating Institute Membership (ISI)** allowing skaters to participate in skills progression testing and advancement, Team competition events, Club shows, and insurance benefits.

## BASIC SKILLS SCHEDULE

### Saturdays Noon-1 pm

#### **Basic Skills Levels Group Instruction:**

ISI Pre-Alpha – Delta and low Freestyle: (skating turns, jumps, spins, & edges)

#### **To sign up for group instruction:**

Submit Ice Time Contract with this application and select Sat. Noon-1pm group. (Note: Skaters should successfully achieve LTS program level requirements before entering our Basic Skills program.)

#### **Private Lesson Ice Schedule:**

**Saturday: 10-11am, 11-Noon, 1-1:50pm**

**Sunday: 8-8:55am and 8:55-9:50am**

**Tuesday: 6:00-6:50pm and 6:50-7:50pm**

#### **To sign up for private instruction:**

Submit Ice Time Contract with this application and select private lesson time confirmed with club coach.

All members of any age and skating level are encouraged to participate in private lessons which allow for faster progression through the ISI curriculum with one-on-one instruction.

Private lessons allow skaters the opportunity to skate to musical programs, advance along with their peers, and participate in shows and competition events.

Our Professional Coaching staff would love to offer your skater private or semi-private lessons at any of the Club ice times provided they have openings. See our website at [www.cafsc.org](http://www.cafsc.org) for contact information for our coaching staff or speak to any of our coaches before or after your skater's group lesson.

## BASIC SKILLS REGISTRATION

Skaters Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ DOB: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone #: \_\_\_\_\_

**First Year Membership Cost: \$35.00**

**Total Due: \$35.00**

*(Please make checks payable to CAFSC)*

**Additional Required Forms:** (can be found on our website):

- ✓ **Ice Time Contract**-(Ice time & group lessons will be contracted and billed on a monthly basis at Club Member discounted rate.)
- ✓ **Code of Conduct**
- ✓ **Emergency Medical and Contact Form/Media Release**

Please send completed registration form with additional required forms along with membership payment to CAFSC, P.O. Box 1193, Gloucester, MA 01930 or submit to Club in person.

#### **CAFSC Hold Harmless Agreement**

I skate in this class at my own risk and hereby release ISI, the host facility, their directors, instructors and personnel from all liability. I declare that the information above is true.

Parent's signature \_\_\_\_\_  
(If under 18)

Skater's signature \_\_\_\_\_