

About Our Group Lessons

Introduction to Freestyle Class: (Freestyle Badge 1-6)

Each Free Skate (Freestyle) level is comprised of a variety of progressive skating skills, transitions, spins and jumps - all of which build on the previous skill, providing skaters a strong foundation of all elements. Instructors will focus on quality and mastery of skills.

45 minutes of instruction.

Introduction to Hockey Skating:

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In 4 badge levels, skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices and game situations. **Necessary equipment: Hockey skates & HECC approved helmet. 45 minutes of instruction**

Snowplow Sam: These introductory classes, divided into four progressive levels, allow children with no prior skating experience to build confidence while learning the basic skills of skating. Children ages 4-6 will develop the ABS's of movement - Agility, Balance, Coordination, and Speed - which are essential for developing fundamental movement skills. **Helmets are required. 30 minutes of instruction.**

Basic Skills: Teaching the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speed skating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of the Basic Skills Levels 1-6, skaters will be able to confidently advance to more specialized areas of skating. **Helmets are required for minors and recommended for others. 45 minutes of instruction.**

Adult Basic Skills: Curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills; promoting physical fitness while improving balance, coordination and teaching proper skating techniques. Divided into 6 levels, adult skaters will progress at an individual rate. **45 minutes of instruction.**

Booster Lessons: Offered for skaters who would like to work individually with a private coach in addition to taking the Basic Skills Instruction. Lessons usually run for 15 minutes and the cost is \$4 for ice plus cost of coach. If you are interested, please contact the Director.

Dates: Wednesdays

(Dates are Subject to Change)

6 Week Sessions

Session 3 - February 26th - April 1st

New Participants must register with

learntoskateusa.com Cost = \$17.25

(choose PCIA Skate as Program)

Intro to Freestyle (Figure Skating) \$125
(5:15pm - 6:00pm)

Intro to Hockey Skating \$125
(5:15pm - 6:00pm)

Power Skating (Sundays) \$125
(4:00pm - 5pm)

Snowplow Sam \$75
(5:30pm - 6:00pm)

Basic Skills \$100
(6:00pm - 6:45pm)

Adult Basic Skills \$100
(6:00pm - 6:45pm)

Please arrive early and ready to skate!

Helpful Information

Skate Rentals are Available

Skates run between 1/2 to 1 size smaller than a street shoe. Skates should be laced firmly to provide support and feel snug WITHOUT a thick sock. Skates should be professionally sharpened.

Clothing: Skaters should dress in loose layers to provide warmth yet maintain flexibility. Mittens or gloves may be necessary. **Helmets are required for minors and recommended for others.**

How to Register:

1. Fully complete the form below and on the reverse side of the page. Please be sure to read the waiver and sign and print your name(s). *Complete a form for each skater.*
2. Make a check or money order payable to: the **PCIA**
3. **There are no refunds.**
4. Returned checks are subject to a \$25 fee.
5. Mail registration(s) to:

PCIA

c/o Foxcroft Academy
975 W Main St
Dover Foxcroft, ME 04426

Please Print.

Skater's Name _____

Address _____

City, State, Zip _____

Home Phone _____

Work/Cell _____

D.O.B. _____ Male / Female

email _____

Have you been enrolled in Basic Skills before?

Yes / No

Are you a hockey player, what level? Y / N

What was the highest level completed: _____

(Registration form continues on the back of this page)