

Prices and Dates are subject to change.  
Please check which program skater is enrolling in:  
Session Dates: \_\_\_\_\_

_____	Snowplow Sam	\$75	\$ _____
_____	Basic Skills	\$100	\$ _____
_____	Adult Basic Skills	\$100	\$ _____
_____	Beginner Figure Skate	\$100	\$ _____
_____	Intro to Freestyle	\$125	\$ _____
_____	Hockey "Dynamic Edge"	\$125	\$ _____

**All Participants must be registered with**  
**learntoskateusa.com**  
**(choose PCIA Skate as Program)**  
**Cost = \$18.50 online or \$25 at PCIA**  
**Amount Due \$ \_\_\_\_\_**

Payment Rec'd \_\_\_\_\_ chk# \_\_\_\_\_ Cash \_\_\_\_\_

**Assumption of Risk, Agreement and Release Waiver**  
(Please read carefully before skating)

I agree to assume all responsibility for any and all risk of damage or injury that may occur to me as a participant at the PCIA Skate program held at the Piscataquis County Ice Arena, Dover Foxcroft, ME. In consideration of being accepted as a participant in this program, I hereby, for myself, my heirs, executors and administrators, release and discharge the PCIA, Skating Director, and all persons and entities associated with this program from all claims, damages, causes of action, present or future, known or unknown, anticipated or unanticipated, which arise from, arise out of, or are incident to my participation in this program. I hereby grant full permission to any and all foregoing to use photographic video tapes, motion pictures, recordings or another record of this event for any purpose whatsoever.

\_\_\_\_\_  
Printed name of Participant

\_\_\_\_\_  
Skater Signature or Parent or Guardian if under 18

\_\_\_\_\_  
Printed name of Parent or Guardian



Basic Skills

**Skilled, Beginner, or New to Skating**  
**for Competition or Fun**  
**for Hockey, Recreational, or Figure Skaters**  
**This is Your Program**



Intro to Freestyle



**2023-2024**  
**PCIA Skate**  
**Learn to Skate USA**  
**Program Guide**

**Piscataquis County Ice Arena**  
**1049 West Main St**  
**Dover Foxcroft ME 04426**

**Snowplow Sam**  
**Hockey "Dynamic Edge"**  
**Basic Skills**  
**Adult Basic Skills**  
**Beginner Figure Skate**  
**Intro to Freestyle**

**Director: Tanya Quigley**

Email: [quigley.pcia@gmail.com](mailto:quigley.pcia@gmail.com)

For More information: [thepcia.com](http://thepcia.com)

[learntoskateusa.com](http://learntoskateusa.com)

## About Our Group Lessons

### **Beginner Figure Skate:**

This class has specifically designed curriculum for the skater who has the desire to learn how to figure skate. Emphasis on learning how to use edges to begin stroking, forward crossovers, turns and beginning jumping and spinning. Skater must have passed basic level 3 to enroll in this class. **45 minutes of instruction**

### **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.**

**Hockey "Dynamic Edge":** Designed to teach the fundamentals of the hockey stride. In 4 Badge Levels, skaters will be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels and all elements will be taught w/o a puck. Skaters will learn the basic hockey stance, stride, knee bend use of edges and other new fundamentals to be successful in practices and game situations. **Nec equipment: Hockey skates & HECC approved helmet. 45 min 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 Session**

**Session 23/24-S4:**

**Feb 21st - March 27th**

**All Participants must be registered** with

**learntoskateusa.com**

**(choose PCIA Skate as Program)**

**Cost = \$18.50 online or \$25 at PCIA**

**Beginner Figure Skate \$ 100**  
(5:15 - 6:00pm)

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

**Hockey "Dynamic Edge" \$125**  
(5:15-6:00pm)

**Snowplow Sam \$75**  
(5:15 - 5:45pm)

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

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

Please arrive 10 min prior, ready to skate!

### **Helpful Information**

Skate Rentals are Available at n/c

**Skates (some)** 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**

**1049 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)