

Other Opportunities

Specialty Classes

Synchronized Skating, Power Class, Ice Dancing, Skating Clinics and more offer a variety of opportunities for skaters to be introduced to new skating disciplines or enhance their skills beyond level classes. Visit the FMC website for arenas who offer specialty programs.

Competitions

Skaters of all ages and levels can compete. Competitions are available for both recreational and elite skaters through ISI and USFS. For more information on competition opportunities talk to your class instructor or Skating Director.

Shows & Exhibitions

Be a skating star! Many arenas hosts shows and exhibitions inviting participants of all ages and abilities to showcase their skills. For a listing of upcoming shows and exhibitions, please visit the FMC website at www.fmcicesports.com. To learn more about performance opportunities, talk to your Skating Director.



Your Current Program



Step 1
Beginners

Step 2
Introduction to Ice Sports

Step 3
Skill Building Programs

Step 4
Advanced Programs

new

Step 4

Figure Skating Advanced Programs



Figure Skating 101

Welcome to the fourth step of the FMC Ice Sports group program progression. At FMC, we hope that skating becomes a part of your life and that it provides you with great exercise, an opportunity to make new friends and a positive environment to learn life lessons. In the FMC Ice Sports Skating program, you can expect to progress naturally and comfortably and we strive to provide you with choices and options that help make your skating enjoyable with any level of commitment.



Armstrong Arena

103 Long Pond Road, Plymouth, MA 02360
1-888-74-SKATE (Toll Free) 508-746-8825 (Arena)
www.fmcicesports.com



Figure Skating 101 - Armstrong Arena

REGISTER BY MAIL, AT THE ARENA, OR ONLINE

Skater's Full Name: _____ Birth Date: _____ Gender: _____

Parent/Guardian Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

Are you an ISI member?: No _____ Yes, my number is _____

Coach's Name: _____

SEASON	DAY	DATE	TIME	Wks	COST
Fall I	Thur	9/15-11/3	4:00 - 4:40pm	8	\$129.00
Fall II	Thur	*11/10-12/29	4:00 - 4:40pm	7	\$113.00
Winter	Thur	1/5-2/23	4:00 - 4:40pm	8	\$129.00
Spring I	Thur	3/1-4/19	4:00 - 4:40pm	8	\$129.00

*No class 11/24

How did you hear about us?

Friend Referral
 Newspaper
 FMC Website
 Parent Paper
 At the Rink
 E-mail Notice
 Word-of-mouth
 TV Ad
 Facebook
 Other _____

WAIVER AND RELEASE I, the undersigned, do hereby acknowledge that in consideration of myself or my child participating in any way in Practice Makes Perfect programs (Figure Skating 101, Class Practice Ice, Freestyle Practice Ice, Private Lessons, Specialty Classes) may be exposed to risk of injury that is inherent in ice skating programs. I hereby acknowledge that Facility Management Corporation and FMC Ice Sports staff are not responsible for any damage or injuries that result from my/their participation in this program. I grant to FMC Ice Sports, its representatives and employees the right to take photographs of myself/my child in connection with the above-identified ice sports program. I agree that FMC Ice Sports may use such photographs for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

Parent/Guardian Signature _____

Date _____

REGISTER BY MAIL, AT THE ARENA, OR ONLINE

To register by mail, complete the registration form and mail it with payment (check or money order) to the address below.

To register at the arena, bring the completed registration form and payment to your local arena.

To register online, go to www.fmcicesports.com

FMC Ice Sports • 100 Schoosett St., Building #3 • Pembroke, MA 02359 • 1-888-74-SKATE

Figure Skating 101

For skaters who have mastered the elements in the FMC Ice Skating Essentials program offered in **Step 3: Skill Building Classes**, Figure Skating 101 classes teach the mechanics of figure skating. Participants learn the jumps, spins, gliding moves and edgework taught in both ISI and USFS Freestyle levels. Skaters enrolled in Figure Skating 101 will receive an ISI Membership with their registration.



Prior to Arriving

Please arrive 15-20 minutes prior to the class start time. Skaters should wear figure skating attire or comfortable clothing that allows for movement and flexibility. Skaters should have their own skates. For more information on purchasing skates or skating attire, please talk to your class instructor or skating director.

Practice Makes Perfect

Be sure to practice to get the most out of your skating instruction. Below are options appropriate for skaters enrolled in Figure Skating 101.

Freestyle Practice Ice

Freestyle Practice Ice is ice time set aside specifically for figure skaters to practice their skills. Sessions are 40 minutes long. Preregister and save up to \$4 a session. Walk-ons are \$14. Restrictions apply. Please see the separate **Practice Makes Perfect** flyer or visit www.fmcicesports.com for schedules and registration information.

Private Lessons

Skaters often wish to receive private instruction in addition to classes to assist their skating endeavors and challenges. These sessions are called, "Private Lessons" and become more necessary as skaters advance through skating levels. Private lessons are generally managed directly with instructors, but the Skating Directors can assist in helping choose the right instructor for you. For more information, please consult your Skating Director.

