

**Welcome to the Crossroad Figure Skating Club's Group Lessons
at the Skatium
A USFS Certified Learn to Skate – USA Program**

The content provided here is informational only. Our intent is to provide our skaters and families with basic information about our Learn to Skate Program, CFSC and Skatium.

1. Skate rental is located at the far end of the ice rink. Skaters should arrive in plenty of time to pick-up skates and be on time for their scheduled class. Skaters should enter and exit the ice surface at the areas near the hockey boxes. Rental skates should be 1-2 sizes smaller than the skaters shoe size.
2. Skates should be worn with light socks or dance tights, not thick socks. Lace the skates all the way up to the last hook and tie them as tightly as possible, even though the skater may say they feel too tight. This will allow support of the ankle and prevent ankles from collapsing inward. Skates that are laced improperly can cause injury and inhibit skill development.
3. First time skaters should wear their helmets and gloves. Long hair should be pulled back out of the skater's face.
4. If cones are up, skaters should stay within the designated area. No skates should be worn on concrete (stairs). Only walk with skates on protective rubber flooring throughout rink.
5. Learn to Skate sessions are usually six weeks in length with 30-minutes of instruction followed by 30-minutes of practice time. During the 30-minutes of practice time, the skaters should practice what was taught during the lesson. Re-enrollment reminders will be sent electronically before the end of the current session. Sign - up is available on-line at www.crossroadsfsc.org.
6. Parents must remain in the building with first - time skaters and ALL skaters age <10 and younger. If a parent needs to speak with a coach, they should wait until the coach is finished with his/her lessons. You may also speak with someone in the skating office. No coach should be interrupted during lesson time.
7. Skaters will progress through Learn to Skate Snowplow Sam 1 through Pre -Freestyle and then Freestyle 1 thru 6. In each level, USFS (United States Figure Skating) has developed elements that need to be mastered before moving to the next level. The instructors will challenge each skater within the group to attain the required elements. The instructor will identify when the elements are mastered and promote the skaters to the next level. Skills of each skater will be evaluated on the last day of each session. Test sheets will be provided to the skater, on that day.

- 8. As the skater progresses and shows an interest in figure skating, you may opt for private lessons. You may contact the Skating Director or your skater's group instructor, if interested. Additional ice fees and coaching fees do apply for private lessons. The average beginning private lesson is \$35 for a half hour paid to the professional.**
- 9. A new skater, whether interested in hockey or figure skating should start in figure skates. Figure skates offer more support than hockey skates and a beginner- friendly blade that will help beginners to learn balance and skills more efficiently. Skates can be purchased through CFSC skate sale or at the Pro-Shop. Please ask your instructor or the personnel in the skating office, if you have questions about purchasing skates.**
- 10. Skaters have the option to join CFSC (Crossroads Figure Skating Club) as full members, as they progress and advance their skills. CFSC is an official USFS member club and provides participation and achievement in not only learn to skate but also in figure skating competitions, moves in the field, ice dance, pair skating, and a synchronized skating team. CFSC membership includes reduced rates for skating on DCSC and Skatium freestyle sessions, opportunity to represent CFSC at competitions, and participation in shows. Learn to Skate members are eligible for first- time membership rates and a first- time competition fee. This will allow the skater to experience the various opportunities that CFSC offers. All membership information can be found on our website at www.crossroadsfsc.org.**