



North Atlantic Figure Skating Club Learn to Skate Program  
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Coach Kristin Andrews, Skating Director  
[skatingdirector@nafsc.me](mailto:skatingdirector@nafsc.me)



Please note the new  
time for Snowplow  
Sam & Basic Skills on  
Saturdays!

# Learn to Ice Skate!

Beginner to Advanced

## WINTER SESSION 2025

Thursdays January 2nd- February 13th

Saturdays January 4th-February 15th

**Registration Deadline: 12/27/24**

**Space is limited so please sign up early!**

ALL NEW ADVANCED  
SKATER  
DEVELOPMENT  
TRAINING &  
AGILITY OFF ICE  
CLASS!!!!  
Check it out

## Welcome to the NAFSC LTS program!

Welcome to the NAFSC Learn to Skate USA basic skills badge program! Designed by U.S. Figure Skating, the Learn to Skate USA Program is a top-quality beginning ice skating program serving the needs of both recreational and competitive skaters. The North Atlantic Figure Skating Club (NAFSC) offers Learn To Skate USA program classes September through June, a summer LTS fun program, and year round ice for figure skating.

Skaters who participate in the Learn to Skate USA Program will learn new and exciting maneuvers and will be tested as they progress through the program. Skaters will receive Learn to Skate USA (basic skills) membership, an official Learn to Skate USA record book to track progress through the program, sport accident insurance, a parent handbook, a Learn to Skate USA magazine filled with helpful information about all aspects of skating, and a certificate and badge or a skills report card and ribbon at the end of each session. Visit [www.learntoskateusa.com](http://www.learntoskateusa.com) for more information about the Learn to Skate USA basic skills badge program.



**New Training Opportunities for Skaters**  
**PreFS and HIGHER on Saturdays!!! Check**  
**them out!**



## Important Program Information:

- REGISTRATION IS ONLINE! Please visit the LTS page of our website at [www.northatlanticfigureskating.org/learn-to-skate-program/](http://www.northatlanticfigureskating.org/learn-to-skate-program/) to register for the current LTS session
- **REGISTRATION DEADLINE IS 12/27/2024.** A \$20 late fee will be assessed per skater for registrations accepted after this deadline (space permitting). **Space is limited so please sign up early!**
- Walk-on are not allowed for any level of badge classes and we cannot pro-rate for missed sessions. Skaters are only allowed to attend the day they are registered for and we are unable to accommodate switches or make-ups for missed classes.
- In the case of inclement weather or other cancellation reason, an email will be sent to notify participants of cancellations. The make-up session will be on Saturday 2/22/25 for both Thursday and Saturday LTS if needed.





# WINTER 2025 LTS CLASSES

All registration will be online! Visit our Learn to Skate page for detailed instructions on how to register your skater:

<https://www.northatlanticfigureskating.org/learn-to-skate-program/>



## THURSDAYS 1/2/25-2/13/25

### LTS USA Badge Classes

### Class Schedule & Fees

<b>Snowplow Sam</b> (Age 3 - 5)	<b>\$182.00</b> 4:00 - 4:25 Lesson, 4:25 - 4:50 Practice
<b>Basic Skills</b> (Age 6 and up)	<b>\$182.00</b> 4:00 - 4:25 Practice, 4:25 - 4:50 Lesson
<b>Free Skate</b> (Passed BS level 6)	<b>\$182.00</b> 4:50 - 5:15 Lesson, 5:15 - 5:40 Practice
<b>Adult Badge and FS</b> (All levels of adult skaters)	<b>\$168.00</b> 6:15 - 6:40 Lesson, 6:40 - 7:00 Practice

### Specialty Classes- THUR

#### Spin Clinic

(MUST be BS level 5 or higher)

5:40 - 6:05

\$98.00

#### Adult Edge Clinic

(MUST be Adult level 2 or higher)

5:40 - 6:05

\$98.00

#### Freestyle Practice Sessions\*

4:50 - 5:15; 5:15 - 5:40;

5:40 - 6:05; 6:15 - 7:00

\*Must meet requirements for solo practice, open for pre-registration under the monthly "Freestyle Ice" Contract\*

## SATURDAYS 1/4/25-2/15/25

### LTS USA Badge Classes

### Class Schedule & Fees

<b>Free Skate</b> (Passed BS level 6)	<b>\$182.00</b> 8:00 - 8:25 Lesson, 8:25 - 8:50 Practice
<b>Adult Badge and FS</b> (All levels or adult skaters)	<b>\$182.00</b> 8:00 - 8:25 Practice, 8:25 - 8:50 Lesson
<b>Snowplow Sam</b> (Age 3 - 5)	<b>\$182.00</b> 10:10 - 10:35 Lesson, 10:35-11:00 Practice
<b>Basic Skills</b> (Age 6 and up)	<b>\$182.00</b> 10:10 - 10:35 Practice, 10:35-11:00 Lesson

#### Freestyle Practice Sessions\*

8:00 - 8:25; 8:25 - 8:50;

\*Must meet requirements for solo practice, open for pre-registration under the monthly "Freestyle Ice" Contract\*

**ALL NEW  
ADVANCED SKATER  
DEVELOPMENT TRAINING  
for ALL Skaters PreFS to  
Advanced!!!  
Check it out  
below**

### ADVANCED SKATER DEVELOPMENT TRAINING (PreFree Skate to ADVANCED)

8:50a- 10:00a

\$250 for 7 weeks

Skaters will be divided into groups according to skating level. They will progress through a series of four 15-minute stations working on elements and skating skills from each discipline including edges, tricks, turns, spins and jumps. Then the last 10 minutes will be intense power stroking.

Train both on & off the ice to reach your goals!!!

#### Agility/Jump Off Ice Training Class

11:15a-12:00p

\$98 for 7 weeks

For more information on the new, exciting training opportunities please contact Skating Director, Kristin Andrews  
[skatingdirector@nafsc.me](mailto:skatingdirector@nafsc.me)





# MORE INFORMATION

## Photo and Video Release Statement:

During the course of the year, NAFSC may wish to use photographs and/or videos of skaters in advertisements and publicity, on the website, in general media releases, in the ice show promotions and program, etc. If you wish to restrict use of photos/ videos/name/etc. in any way, please submit restrictions to this permission in writing to [president@nafsc.me](mailto:president@nafsc.me). If no restrictions received, it will be assumed you are ok with use of any media by us.

## I'M BRAND NEW! WHERE DO I START?!

New skaters should register for Snowplow Sam if the skater is 5 years old or younger or Basic Skills if the skater is 6 years or older. New adult skaters should register for the Adult Badge classes. Coaches will assess new skaters on the first day to ensure they are in the correct level. Many of our new teenage skaters choose to register for the Adult Badge session, please contact [skatingdirector@nafsc.me](mailto:skatingdirector@nafsc.me) if you believe this may be a better fit for your skater.

## WHAT DO I NEED TO DO BEFORE THE FIRST CLASS?

Arrive ready to learn! We recommend all skaters arrive at Family Ice Center 15 minutes before the start of their first class to prepare to get on the ice. Make sure to have skates, warm layers, gloves and a helmet (if required). NO rental skates or helmets are available. Make sure to get skates sharpened before your first class!



## Equipment

- Rental skates will **NOT BE AVAILABLE**.
- Double runner skates are not allowed.
- Ski/sport helmets are **REQUIRED** for all skaters 3-5 years old. NAFSC and Family Ice Center do not provide helmets for rent. Skaters of all ages are encouraged to wear a helmet or other protective gear if they feel more comfortable.
- Mittens or gloves are required. Dress in warm layers.
- Snowplow Sam, Basic Skills, and Adult Badge skaters may wear hockey or figure skates.

## Skate Fit & Care

- Skates should be fit with a thin sock.
- The skater's ankles should be supported.
- Tie skates tight in foot bed from the top of toe to the beginning of ankle, then slightly looser at the top of the ankle.
- Skate blades should be dried with towel after each use and covered in a terry cloth cover ("soft" guards) between sessions. This will protect the blade during transport and storage.
- Hard guards should be used to cover blades while walking around, avoid resting the blade on the bleachers without protection.
- Skates should be sharpened approximately every 22-30 hours of use and if skates have not been used in over nine months. Skaters will feel the blades sliding when they need to be sharpened.
- New skates usually need to be sharpened before they are used.