



## Skate to Great with HMFSC

HMFSC is proud to offer a wide array of activities designed to get skaters of all levels on the ice and having fun. Our group lessons are structured around the abilities of your skater under professional supervision.

### About the Program

#### *Snowplow Sam*

Snowplow Sam 1-4 invites children aged 6 and younger to learn the joys of ice skating in a safe, introductory setting. Young skaters will have fun while learning how to fall and get back up, how to march across the ice, and ultimately build confidence in themselves and their abilities

#### *Learn to Skate 1-6*

Learn to Skate USA® offers a standardized curriculum designed to help skaters of all ages and abilities master the basics of ice skating. The Learn to Skate USA® curriculum ensures that everyone can learn how to ice skate.

#### *Aspire pre-free skate*

Aspire offers skaters a comprehensive package program in a safe and supportive group training environment. Skaters will learn proper skill development and training techniques while sampling different skating opportunities and fine-tuning their fundamental skating skills.

#### *Adult Learn to Skate*

The Adult curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills. Participation in the program will help promote physical fitness and improve balance and coordination while teaching proper skating techniques. This is an exciting program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

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Skate rentals will be available each week for an additional \$3.00 fee.

Skaters (or Parents/Guardians for those under 18) will be asked to sign a liability waiver and medical/photo release at the time of the first lesson.

HMFSC follows all health and safety requirements specified by the US Figure Skating Association, Learn to Skate USA, and the Albany County Hockey Facility.

Questions?

Email us at [skateHFSC@gmail.com](mailto:skateHFSC@gmail.com)

or visit us at [www.hmfsc.org/lts](http://www.hmfsc.org/lts)

