



Pirelli Veterans Arena
910 Panther Way
Franklin, MA 02038

888-74-SKATE

CALL FOR MORE INFO:

- Learn to Play Hockey Programs
- Summer Figure Skating Academy
- Public Skating
- Skating Lessons



2017 SUMMER



Figure Skating Academy

at the Pirelli Veterans Arena, Franklin, MA



July 31st - August 4th

Details

FMC Ice Sports presents a concentrated learning experience bundling practice and instruction to provide every skater the unique opportunity to experience various skating disciplines while focusing on the overall development of the skater. Each day offers 4 hours of on-ice class instruction and 1 hour of off-ice teaching with our team of highly experienced instructors.

● POWER STROKING / EDGE CLASS

On-ice conditioning class that strengthens stroking technique, power, flow and control.

● INTERPRETIVE CLASS

Assists skaters in creating a program to music that is sure to be a gold medal performance!

● OFF-ICE CLASSES

Pilates, stretching, agility and even costume creations are part of the off-ice activities presented each day.

● MYSTERY CLASS

Each day brings a different challenge!

● MOVES IN THE FIELD

Emphasis on edge quality, extension, quickness, power and presentation.

● FREESTYLE CLASS

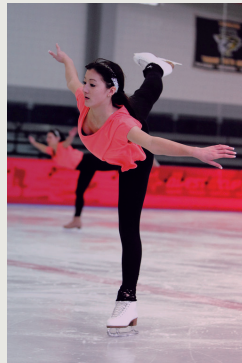
Focus on jump and spin technique, footwork and connecting moves.

● ICE DANCE

Presents introductory dances with emphasis on time, rhythm, posture, and position.

● SYNCHRO

Guides skaters through various maneuvers while focusing on teamwork, unison and fun!



ACADEMY DETAILS:

Academy is held Monday through Friday from 9:30am to 3:00pm. Space is limited. All registrations must be accompanied by full payment.

WHAT TO BRING:

Skates, bottled water, clothing for on-ice activities, sneakers for off-ice training and lunch.

EXAMPLE OF DAILY SCHEDULE

9:30am	Power Stroking/Edge Work
10:00am	Mystery Class
11:30am	Rest/Refuel/Rehydrate
12:00pm	Off-Ice Training
1:00pm	Ice Dance/Synchro
2:00pm	Freestyle
3:00pm	End of Day

Registration

FMC ICE SPORTS • 2017 SUMMER • FRANKLIN

Figure Skating Academy

Participants must be at least 6 years of age by July 1, 2017 AND have passed the ISI Alpha test or USFS Pre-Preliminary test. Skaters will be grouped by ability and age.

SKATER'S INFORMATION:

First Name	Last Name	Birthday	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Address	City	State	Zip code
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Daytime Phone	Email Address		
<input type="text"/>	<input type="text"/>		
Highest ISI Test Passed	Highest USFS Test Passed	Home Skating Club	
<input type="text"/>	<input type="text"/>	<input type="text"/>	

SESSION ATTENDING:

July 31st-August 4th, 2017 (\$349⁰⁰)

PAYMENT METHOD:

Please speak with Program Director concerning credit card payments

Cash

Check payable to FMC Ice Sports

AMOUNT PAID:

\$

Check Number:

#

WAIVER: I, the undersigned, do hereby acknowledge that my child by participating in the Summer Figure Skating Academy 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 their participation in this program.

PARENT/GUARDIAN SIGNATURE



Navin Arena
451 Bolton Street
Marlboro, MA 01752

888-74-SKATE

CALL FOR MORE INFO:

- Learn to Play Hockey Programs
- Summer Figure Skating Academy
- Public Skating
- Skating Lessons



2017 SUMMER



Figure Skating Academy

at the Navin Arena, Marlboro, MA



July 17th-21st

Details

FMC Ice Sports presents a concentrated learning experience bundling practice and instruction to provide every skater the unique opportunity to experience various skating disciplines while focusing on the overall development of the skater. Each day offers 4 hours of on-ice class instruction and 1 hour of off-ice teaching with our team of highly experienced instructors.

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● MOVES IN THE FIELD

Emphasis on edge quality, extension, quickness, power and presentation.

● FREESTYLE CLASS

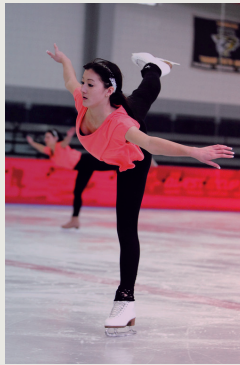
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12:00pm	Off-Ice Training
1:00pm	Ice Dance/Synchro
2:00pm	Freestyle
3:00pm	End of Day

Registration

FMC ICE SPORTS • 2017 SUMMER • MARLBORO

Figure Skating Academy

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SKATER'S INFORMATION:

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<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Address	City	State	Zip code
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Daytime Phone	Email Address		
<input type="text"/>	<input type="text"/>		
Highest ISI Test Passed	Highest USFS Test Passed	Home Skating Club	
<input type="text"/>	<input type="text"/>	<input type="text"/>	

SESSION ATTENDING:

July 17th-21st 2017 (\$349.00)

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AMOUNT PAID:

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Check Number:

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PARENT/GUARDIAN SIGNATURE



William L. Chase Arena
35 Windsor Avenue
Natick, MA 01760

888-74-SKATE

CALL FOR MORE INFO:

- Learn to Play Hockey Programs
- Summer Figure Skating Academy
- Public Skating
- Skating Lessons



2017 SUMMER



Figure Skating Academy

at the William L. Chase Arena, Natick, MA



July 10th-14th • August 14th-18th

Details

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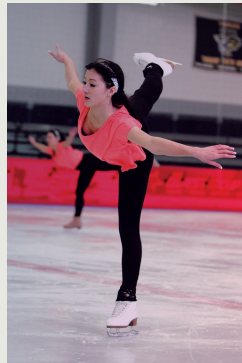
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11:30am	Rest/Refuel/Rehydrate
12:00pm	Off-Ice Training
1:00pm	Ice Dance/Synchro
2:00pm	Freestyle (Harness)
3:00pm	End of Day

Registration

FMC ICE SPORTS • 2017 SUMMER • NATICK

Figure Skating Academy

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Daytime Phone	Email Address		
<input type="text"/>	<input type="text"/>		
Highest ISI Test Passed	Highest USFS Test Passed	Home Skating Club	
<input type="text"/>	<input type="text"/>	<input type="text"/>	

SESSION ATTENDING:

- July 10th - 14th, 2017 (\$349.00)
 August 14th - 18th, 2017 (\$349.00)

AMOUNT PAID:

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PAYMENT METHOD:

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