



Spring Session

Presented by the Des Moines Figure Skating Club
Metro Sports Ice Facility 5100 NW 72nd St. Urbandale/Johnston

Sunday: March 28th, Saturday: April 3, Sundays: April 11, 25, May 2, 9, 16 and 23 (8 Weeks)
Class will move to Saturday on Easter weekend, and will not be held Sunday April 18th

FEES: Current Learn-to-skate and DMFSC members pre-registration before March 21nd: **\$110**

All others: pre-registration before March 21nd **\$120**

Or pre-registration at Metro Sports Ice Facility Lobby on March 20th from 10 until noon.

Registration at the door: **\$130**

Classes available:	Snowplow 1,2 and 3 (children ages 4 & 5)	Classes are 30 minutes
	Basic 1, 2, 3, 4, 5, 6, 7, 8	Practice Sessions are 30 minutes
	Freestyle 1, 2, 3, 4, 5	Classes start at 2:15 to 3:15
	Adult 1, 2, 3, 4, 5	Synchro classes run 3:15 to 3:45
	Beginning Synchronized Skating	

PRINT IN BLOCK LETTERS:

SKATERS NAME: _____ AGE _____

PARENTS NAME: _____ SKATERS DOB: _____

ADDRESS: _____

EMAIL: _____ PHONE: _____

Class desired: _____

Skating Attire and Safety: Please dress your skater in layers that are warm comfortable and allow freedom of movement. Mittens or gloves are recommended for all skaters. Helmets are required for skaters 5 & under. The helmet should cover the back of the head. No double-runner skates allowed. Skaters 5 & under may have one parent practice with them on the ice during the practice session.

DMFSC/MISF Liability Release Waiver (signature required.) by having registered the above person in lessons, I, as parent or guardian of the participant, agree to allow the individual named herein to participate in the aforementioned activities and I further agree to indemnify and hold DMFSC, MISF, skating director, and instructors, harmless from and against any and all liability for an injury or loss of property by the aforementioned individuals arising out of or in conjunction with his or her participation in this activity. DMFSC reserves the right to cancel scheduled Learn to Skate classes due to low enrollment or unforeseen circumstances.

MAKE CHECKS PAYABLE TO : DMFSC

Mail to Expressive Edge c/o Debra Hense, 4740 NW 51st Ave, Des Moines IA 50310

Questions? Call Debra Hense 515-988-0448 or Lori Githens 515-240-4848

Email: Expressiveedge@yahoo.com

This program is not associated with the West Des Moines, Des Moines, Johnston, or Urbandale School Districts. This publication is being provided as a courtesy to inform you of other community activities and opportunities available and is not associated with any school district.