

# LEARN TO SKATE USA

## Choosing a Program

### Why Join The Learn to Skate USA Program?

- It is the only skating program endorsed by the national governing bodies -U.S. Figure Skating, USA Hockey and US Speedskating
- The road to the Olympics
- Highest quality instruction
- Fun, challenging and rewarding skating curriculums for all ages and abilities
- Bridge to U.S. Figure Skating testing and competitive structure
- Promotional materials available for skaters, parents and facilities
- Manuals, videos and workshops for all instructors
- Sports accident insurance coverage
- All for a \$16 annual membership fee

### CURRICULUM

The curriculum is designed to keep skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Whether your goal is to achieve Olympic fame or simply enjoy the recreational benefits of skating, Learn to Skate USA, powered by Toyota, is for you! The entire Learn to Skate USA program has special classes for many facets of skating including free skate, pairs, synchronized skating, choreography (Artistry in Motion), hockey and more! There are more than 133,000 skaters registered across the United States.

In order to join Learn to Skate USA, you need to register individually through the direct registration link on the Learn to Skate USA website or through a registered program near you. Session costs will vary from program to program. Once you find a program in your area, you will be on your way to enjoying one of the greatest sports around!

### WHERE DO I GO?

Learn to Skate USA is endorsed by the national governing bodies of figure skating, hockey and speed skating. We have established skating programs in more than 1,000 facilities across the nation. Visit [LearnToSkateUSA.com](http://LearnToSkateUSA.com) to search for a facility near you and to ask about its Learn to Skate USA group class schedule, registration information and the price of lessons. Most group beginner lessons are structured in six- or eight-week sessions, and there is usually room available for classes that meet your current ability.

### WHAT TO EXPECT?

Follow these simple tips to get the most out of your skating lessons:

1. Listen attentively. Try the skill, ask a question if you don't understand, and try it again. Your instructor should be able to show you the skill, break it down into easy steps, and offer a few suggestions for quick mastery.
2. Be a courteous skater, watch where you are going, and always skate in control.
3. Be prepared for your lesson with correct fitting skates, warm attire and gloves or mittens.
4. Be on time! Arrive at least 15 minutes before class time.
5. Relax, smile and have fun!

### WHAT WILL I GET?

When you register for Learn to Skate USA, you will receive:

- An official Learn to Skate USA membership card
- A record book with stickers to track your progress through the lessons
- Sport Accident Insurance
- General information about ice skating
- An instructor's manual (for all instructors, assistants and directors)
- Learn to Skate USA The Magazine

