

Dates and Pricing

You and your coach can decide the days and times that work mutually with your schedules.

Pricing is based on 8 weeks of 1 30 minute lesson per week.

If chosen, the Learn to Compete program will be incorporated into the 30 min. lesson.

Bridge Program -8 weeks - \$200.00

(includes 1 hour of ice time – 30 minute lesson and 30 minutes of practice time)

Learn to Compete Program – 8 weeks - \$80.00

(this price is in addition to Bridge program price listed above)

TROY ICES FSC

**Troy Sports Center
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TROY ICES FIGURE SKATING CLUB

-BRIDGE PROGRAM

**-LEARN TO COMPETE
PROGRAM**



-BridgeClasses-for the skater wanting more personal instruction time and more practice time on the ice.

-LearnToCompete-an introductory program for skaters interested in competing at local Basic_Skills Competitions.

Our Programs



Let's Skate!

Our highly qualified skating coaches will help your skater excel to help them reach their potential. The **Bridge Program** is designed to teach skating skills at a faster pace in a private lesson environment and to introduce the benefits of club membership. Participating skaters should be a member of U.S. Figure Skating, either as a current Basic Skills member or full member. A one year 'introductory' club membership category is suggested to help families make the transition to club membership. This way, when they are ready to test their pre-preliminary moves and free skating, they will be eligible.

Bridge Program Curriculum

- Proper stretching techniques
- Warm up and cool down
- Stroking, edges and power skating
- Individualized instruction of their current Basic Skills Level
- Introductory moves in the field
- Introductory ice dance
- Spins and Jumps
- This program introduces skaters to a "training program" and offers them an introduction to all the elements in skating and what is required if they choose to continue to skate recreationally or begin a competitive career

Learn to Compete

- Information Session with parents/coaches/skaters explaining Competitions
- Individual one on one lessons to develop routines/solos
- Music will be chosen by the coach and edited to the correct time (extra fee may apply)
- Instruction on what to wear/hair/makeup suggestions

For more information, please contact Cheryl Trely at 586.453.8185_or ctrelly5@gmail.com, or Peggy Murphy at 313.917.9203_or gpmurphettes@yahoo.com. We will be happy to sit down and explain the program in more detail at your convenience.