



Lake City Figure Skating Program and Spokane Figure Skating Club



Who We Are

The Lake City Figure Skating (LCFS) Basic Skills program at Frontier Ice Arena is operated by Spokane Figure Skating Club (SFSC), a 501(c)(3) non-profit organization of current and former skaters, skating professionals, parents and skating fans. SFSC has been a member of U.S. Figure Skating since 1934, and for over 80 years has hosted figure skating programs and competitions in the Spokane, Cheney and Coeur d'Alene areas.

Introductory Skating Classes

If you are new to the ice or have only skated a little, and want to learn to figure skate or gain some skating skills before playing hockey, come Learn to Skate with our Basic Skills Program at Frontier Ice Arena. 5-Week Learn To Skate (LTS) classes are offered throughout the fall, winter and spring for \$60*, and include skate rental, 30-minute group instruction from SFSC coaches, plus U.S. Figure Skating Basic Skills membership, record book and Sport Accident insurance. (*Early-bird discount: register at least 4 days prior to the first class and save \$5!)

LTS classes are designed for ages 5 and older. For little ones 4 and under, we offer a Parent and Tot class. Introductory classes for Adults are available during our "Freestyle" club sessions. For more information and to register for LTS or Adult classes, go online to <http://www.lakecityfigureskating.org/skating-programs.html>.

Advanced Skating Classes

For skaters who have taken the introductory LTS classes and are looking for more advanced lessons, we offer private and small group lessons (3-4 skaters per instructor) during our Freestyle sessions. Lesson packages provide Freestyle admission, a 15-minute private lesson or 30 minutes of small group instruction, practice time, and rental skates, if needed. Private lesson packages are \$90 for 4 weeks. Small group packages are \$74 for 4 weeks (3 student minimum). Contact your LTS coach or the LCFS Program Director at LakeCityFS@gmail.com to schedule an advanced skating lesson package.

Individual Lessons, Ice Time and Skates

After skaters progress through the introductory and advanced classes, we collaborate to tailor a lesson plan to meet their skating goals, schedule and budget. The skating curriculum continues through the Basic Skills and Freeskate levels into the official U.S. Figure Skating track for local, national and Olympic figure skaters. Ice time and membership are purchased through LCFS / SFSC, and lessons are scheduled and purchased directly with the coach. Public skating sessions at Frontier Ice Arena are good for additional practice, and SFSC coaches may teach introductory lessons during Public sessions as well. Skaters at the advanced level should invest in suitable figure skates; coaches can recommend brands and sources for new and used skates.

SFSC rents ice time each week from Frontier Ice Arena for figure skating "Freestyle" sessions. SFSC club members may use the Freestyle sessions for lessons and practice at the club member rate of \$10 per session or \$115 for a monthly pass. New skaters who have transitioned from LTS and Advanced classes may also skate at

the club member rate through the end of their first skating season (June 30) as LCFS Basic Skills members. Skaters and coaches who are current members of other U.S. Figure Skating clubs may use SFSC club Freestyle sessions at the non-member rate of \$13 per session, or may join SFSC as a second-club member, but may not teach on Public sessions.

SFSC Club Membership

Skaters who become SFSC members benefit from the club member rate for Freestyle sessions, as well as U.S. Figure Skating membership privileges, which allow skaters to test, compete and perform in U.S. Figure Skating sanctioned events, and also provide *Skating Magazine*, Sport Accident Insurance and other benefits described in [Membership \(http://usfsa.org/About.asp?id=6\)](http://usfsa.org/About.asp?id=6).

SFSC and U.S. Figure Skating offer a **one-time** introductory membership rate of \$35 for the first family member and \$25 for subsequent family members. After the first year, regular SFSC home-club membership is \$75 for the first family member, \$35 for the second family member and \$20 for subsequent family members. SFSC and U.S. Figure Skating also offer a special Collegiate membership rate to currently enrolled college students at \$95 for a 4-year membership.

Test Sessions and Competitions

As skaters master the Basic Skills elements, their coach will test them at each level to help them track their progress. When they advance to the Pre-Preliminary levels and above, testing is performed by U.S. Figure Skating sanctioned judges. Official test sessions are hosted throughout the skating season by U.S. Figure Skating member clubs such as SFSC.

U.S. Figure Skating clubs also host competitions throughout the season, where skaters perform programs to music and compete with skaters at their level from other clubs. Some competitions also offer events for jumps, spins, improvisation, ice dance, theatre on ice and team events. In May, SFSC hosts the annual "Lake City Classic" Figure Skating Competition and a U.S. Figure Skating test session at Frontier Ice Arena.

Behind the Scenes

The SFSC organization is directed by a 9-member board of current and former skaters and parents, who provide leadership for club programs and policies. Coaches have yearly training, certifications, insurance and background screening from U.S. Figure Skating and the Professional Skaters Association (PSA). Judges and other officials undergo U.S. Figure Skating training and are certified for specific events and levels at test sessions and competitions. Competitions and other club activities require many helpers for membership, registration, ice monitors, awards, communications, social media, etc. To help keep the costs lower for everyone, roles within SFSC (except for professional coaching) are provided by volunteers, who love the sport and want to provide a fun, safe and affordable environment for skaters of all ages. If you would like to help with SFSC activities or leadership, please contact one of our board members or the Program Director at LakeCityFS@gmail.com.