



St. Lawrence Figure Skating Club Snowplow Sam

The Snowplow Sam levels are *introductory lessons* divided into four progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These lessons are designed to help children six, and younger develop the ABCs of movement – Agility, Balance, Coordination, and speed. The ABCs are essential for developing fundamental movement skills and physical literacy.

All lessons will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

Tuesdays 6:15-6:30 (Canton Recreation Pavilion)

Sundays 3:00-3:30 (Appleton Arena St. Lawrence University)

Classes include a 15-minute group lesson with a Learn to Skate Certified Coach and 15-minute free skate

Skaters at the SPS Level MUST Wear a SAFETY HELMETS - A hockey, bicycle, skateboard or ski helmet (multi-sport) is suitable for the beginning ice skater.

SLFSC Home Club Membership Fee -\$46.00 (\$16.00 for each additional family member)

SLFSC home club membership includes a one-time only \$30 raffle ticket charge per family – the tickets will be distributed during the first few weeks of regular skating in October.

If you renewed your membership in the summer or fall - your account has already been credited.

Ice Contracts/Packages

Full Season October 16th - March 16th	Tuesday and Sunday	\$215
	Tuesday or Sunday	\$130
Session One - October 16th - December 4th	Tuesday and Sunday	\$100
	Tuesday or Sunday	\$70
Session Two- December 11th - March 16th	Tuesday and Sunday	\$130
	Tuesday or Sunday	\$90

Installments are available

To Register Visit: <http://comp.entryeeze.com/Membership/Welcome.aspx?cid=308>

Questions: stlawrencefigureskating@outlook.com

Visit www.slfsc.net for more information

