

NORTH STAR FIGURE SKATING CLUB

GROUP CLASS PROGRESSION CHART

PROGRAM	DESCRIPTION
LEARN-TO-SKATE (2 options)	
OPTION #1 NEVER ON ICE (NOI) Snowplow Sam - Basic 2	25-minute class 15-minute practice
OPTION #2 (accelerated program) Basic 3 - FS 1 This program is designed for the skater who can only commit to <u>one day</u> of skating and wants to advance at an accelerated rate.	40-minute class 10-minute practice Not available for skaters who take private lessons Minimum 4 skaters to offer class
BRONZE STARS	
Basic 3, 4, 5 WINTER SESSION INCLUDES MANDATORY: DRESS REHEARSAL FOR SHOW MAY 17 4:30-7:00 PM ANNUAL SHOW MAY 19, 2018 1:15 - 5:00 PM	1 - day commitment 1 - 50-minute class Optional private lesson ++ Optional off-ice ++
SILVER STARS	
Basic 5, 6, Pre-Free Skate, FS 1 WINTER SESSION INCLUDES MANDATORY: DRESS REHEARSAL FOR SHOW MAY 17 4:30-7:00 PM ANNUAL SHOW MAY 19, 2018 1:15 - 5:00 PM	2- day commitment 1 25-minute class 1 25-minute Boot Camp 1 off ice class &/or Cardio Blast Class* 1 private lesson++
GOLD & PLATINUM STARS	
GOLD (GOLD STAR MEMBERSHIP REQUIRED) <i>Free skate 1 - 6</i> WINTER SESSION INCLUDES MANDATORY: DRESS REHEARSAL FOR SHOW MAY 17 4:30-7:00 PM ANNUAL SHOW MAY 19, 2018 1:15 - 5:00 PM PLATINUM (NSFSC FULL USFS MEMBERSHIP REQUIRED) <i>Free skate 1 - 6</i> Must have passed Pre-Preliminary Moves WINTER SESSION INCLUDES MANDATORY: DRESS REHEARSAL FOR SHOW MAY 17 4:30-7:00 PM ANNUAL SHOW MAY 19, 2018 1:15 - 5:00 PM Additional Requirements: Skater's Ed Class / Parent's Ed Class Required of All FS 5 skaters additional fee applies	Two Options Available Option #1 2-day commitment 1 25-minute Boot Camp 1 off ice class 1 or 2 private lessons ^{^^^} Two Coaches Recommended cardio blast class* Option #2 3-day commitment 2 25- minute Boot Camps 1 off ice class 2 or more private lessons ^{^^^} Two Coaches Recommended Cardio blast class*
BOOT CAMP	
US 2 = Pre-Juvenile thru Intermediate US 1 = Novice, Junior, Senior	Two Options: 1 25-minute class per week 2 25-minute classes per week

REGISTER AT: NORTHSTAR.ASSN.LA

++ additional fee paid directly to Coach (\$20 for 20 minutes or \$25 for 25 minutes) through FS 1

^^^additional fee paid directly to Coach (fees vary based on coach) after passing FS1

*Cardio Blast Class offered various days (not all)

ALL CLASSES MINIMUM OF 4 SKATERS NECESSARY AND MAXIMUM 9

ALL SKATES MUST BE APPROVED BY GROUP COORDINATOR AND OR SKATING DIRECTORS

RENTAL OR SKATES WITH TOE PICKS REQUIRED THRU BASIC 2

HOCKEY SKATES ACCEPTABLE AFTER PASSING BASIC 2

SKATES MUST HAVE LACES - NO CLIP - ON SKATES

NO REFUNDS, CREDITS OR SWITCHES FOR NSFSC SPONSORED CLASSES