

Lake City Figure Skating and Spokane Figure Skating Club Membership Policy

Who We Are

The Lake City Figure Skating (LCFS) Basic Skills program at Frontier Ice Arena is operated by Spokane Figure Skating Club (SFSC). SFSC has been a member of U.S. Figure Skating since 1934, and for the past 80 years has hosted figure skating programs and competitions in the Spokane, Cheney and Coeur d'Alene areas.

Basic Skills Membership

When a skater enrolls in their first Learn To Skate (LTS) class at Frontier Ice Arena, or an Advanced or Adult Skating Class with LCFS, \$12 of the enrollment fee is used to register the skater with the LCFS / U.S. Figure Skating Basic Skills program for the current skating season (July 1 through June 30). Basic Skills membership provides the Basic Skills record book, Sport Accident Insurance and other benefits described in [Join Basic Skills \(http://usfsa.org/Programs.asp?id=334\)](http://usfsa.org/Programs.asp?id=334).

The LTS classes offer an introduction to basic skating skills in a very affordable, large group setting (\$55 for 5 weeks). The Adult and Advanced classes offer a smaller group environment at a slightly increased charge (\$70-\$95 for 5 weeks, depending on number of students) to help the skater advance their skills and ultimately bridge into individual (private) lessons. Small groups, private lessons and practice time are held during the LCFS "Freestyle" sessions.

Individual Lessons and Ice Time

After skaters progress through the introductory and advanced classes, they coordinate with their coach to tailor their 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, but we are not able to teach lessons during Public sessions at this time.

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 \$90 for a 10 session punch card. 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 of SFSC club Freestyle sessions at the non-member rate of \$13 per session, or may join SFSC as a second-club member. **For insurance reasons, all skaters and coaches on LCFS / SFSC club Freestyle sessions must be current U.S. Figure Skating or Basic Skills members.**

SFSC Club Membership

In the 2013-2014 skating season, SFSC invested a substantial amount to purchase Freestyle ice sessions for skaters to develop and for the club to rebuild after the rink had collapsed in 2008. A U.S. Figure Skating

Community Development Grant and funds raised from cohosting the 2010 U.S. Figure Skating Championships helped to subsidize the \$195/hour ice time.

For the 2014-2015 season, starting July 1, 2014, skaters shall join SFSC to benefit from the club Freestyle sessions. SFSC membership includes U.S. Figure Skating membership privileges, which allows skaters to test, compete and perform in U.S. Figure Skating sanctioned events, and also provides 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 \$25 for the first family member and \$15 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.

LCFS and SFSC Member Coaches

Basic Skills Coaches for the LCFS LTS classes are selected by SFSC. Each skating season, SFSC will pay the \$12 Basic Skills instructor fee, and the coach (if 18 or over) will pay the \$20 background check (if not already covered by the U.S. Figure Skating coach background check). LCFS Basic Skills coaches must also successfully complete the free PSA CER C courses.

Coaches wishing to teach on Freestyle sessions must be full SFSC / U.S. Figure Skating home-club members (except as noted in [Non-SFSC and Second-Club coaches](#) below). Coaches of Non-Test or higher students must also be current U.S. Figure Skating registered coaches, which requires Coach Liability Insurance, background check, and PSA CER B or A courses as outlined in [Coaches Requirements \(http://usfsa.org/content.asp?menu=coaches&id=452\)](http://usfsa.org/content.asp?menu=coaches&id=452).

SFSC home-club coaches are granted teaching privileges on club Freestyle sessions without paying admission. Also, as an incentive for SFSC home-club coaches who complete their U.S. Figure Skating coaching requirements *and* are current certified (CER A or B) PSA members, SFSC will pay (or reimburse) their SFSC home-club membership fee.

No coach may teach on any LTS or club Freestyle session until he/she has successfully completed the appropriate Basic Skills or U.S. Figure Skating coaching requirements for the current skating season.

Non-SFSC and Second-Club Members

Skaters who are current members of other U.S. Figure Skating clubs are granted use of SFSC club Freestyle sessions at the non-member rate of \$13 per session. These skaters may join SFSC as second-club members, and may then use the SFSC club Freestyle sessions at the \$10 club member rate. SFSC second-club membership is \$50 for the first family member and \$35 for subsequent family members.

Non-SFSC and Second-Club Coaches

Coaches from other clubs who present their current U.S. Figure Skating Coaching Compliance Card may also teach their skaters on SFSC club Freestyle sessions at the \$13 non-member rate. These coaches may join SFSC as second-club members, and are then granted teaching privileges on club Freestyle sessions without paying admission. All non-SFSC and second-club coaches must adhere to the LCFS / SFSC Guest Coaching Policy.