

US FIGURE SKATING **ASPIRE PROGRAM**



The U.S. Figure Skating Aspire program offers skaters an introduction to figure skating. This program will focus on stroking, edges, skating skills, spins, and jumps. **The McCann Ice Arena Aspire program** includes 45 minutes of instruction and 15 minutes of practice each week. The 7-week program will be taught by our U.S. Figure Skating certified coaches on full ice. Participants will receive skater and parent resources, including guidance for off-ice exercises.

This program is open to skaters who have passed Basic 5.

SATURDAYS 11AM - 12PM

SESSION 4

FEBRUARY 14TH - APRIL 4TH

***NO ASPIRE CLASS ON 3/21**

REGISTER HERE



Cost: \$280.00 per session

All skaters who participate in the Aspire program will need to register as a member of U.S. Figure Skating. The annual membership fee is \$50.00. Once registered for the McCann Aspire program, our skating director will reach out with instructions on how to complete the U.S. Figure Skating Aspire Membership Application.

If you have any questions about the Aspire program, please reach out to our skating director at LearnToSkate@mjncenter.org.

CONTACT

US NOW EMAIL: LEARNTOSKATE@MJNCENTER.ORG
MORE INFO: MCCANNICEARENA.ORG

14 CIVIC CENTER PLAZA POUGHKEEPSIE, NY