

PPFSC Bridge Program - Beyond the Basics

The Pawtucket & Providence Figure Skating Club is offering a Bridge Program for the 2007- 08 season. As an extension of the Bridge Program, we will also be providing instruction in Basic Dance. Lessons will be conducted by PPFSC Bridge Club professionals. These lessons are open to skaters who have passed Basic 3 or higher. Classes will be conducted on Fridays from 4:40 to 5:40 at Lynch Arena in Pawtucket.

Description of program

Bridge Program: The on-ice curriculum will include: proper stretching techniques; warm-up and cool-down; stroking and edges; power skating; introductory moves in the field; spins; jumps; artistry in motion; and synchronized skating. Participants in these lessons in Session 1 will have the opportunity to skate in a group program in the Club Holiday Exhibition on December 7.

Basic Dance: This curriculum will serve as an introduction to Ice Dance. Participants will have the opportunity to earn the Dance 1 Badge from the Basic Skills Program.

Additional information:

- Lessons are thirty minutes long.
- Please refer to the table below for schedule and fees.
- Skaters may register for either one or both of the classes that are offered.
- Fees cover the cost of the lesson(s) and one hour of ice time.
- Fees for two classes apply to classes that are taken in the same session.
- Skaters will have the opportunity to take private lessons with a club professional at additional cost.
- Registrations must be received 7 days before the start of the session desired.

Schedule for 2007-08

Session	Dates	No lesson dates	# of weeks	Cost 1 class / 2 classes
1	9/28-11/30	11/23	8	\$96 / \$144
2	12/14-2/8	12/28 & 1/18	7	\$84 / \$126
3	2/22-4/4	3/21	6	\$72 / \$108