

General Information

FACILITY

Our twin rink facility is open year round and offers an Olympic size surface ideal for beginning and competitive skaters. We offer a wide variety of skating programs for all ages and skill levels. ProSkate is a member of the International Skating Institute.

CLASS SIZE

Classes are limited to 15 skaters per instructor. All classes are subject to cancellation due to lack of enrollment.

APPAREL

Dress warm and in layers.
Stretch pants are preferred.
Gloves are recommended.
Bicycle helmets are required for levels Snowplow—Freestyle.
Rental skates are included.

REGISTRATION

Registration may be submitted by mail or by calling 732-940-6400 and also on line at www.proskatenj.com

**** There is no “pro-rating or make-ups” for missed classes.
(make-ups will ONLY be offered during summer sessions 8 & 9)**

BOOSTER LESSON

We offer 15 minute booster lessons for children having difficulty learning a required maneuver. Must be setup by appointment with Skating Dir.

NO CHILD SHOULD BE LEFT UNATTENDED IN THE FACILITY

**For additional information, please call
Lauren Valentino, Skating Director
732.940.6400**

CLASS DESCRIPTIONS

Pre-K and Kindergarten Classes

Parent/Me - Both parent and child participate in the on-ice lesson where basic skills are taught.

Snowplow Sam 1 - For beginners ages 3-5. Teaches Sit and Stand up off and on ice, March, dips, glides

Snowplow Sam 2 - march followed by long glide, dip moving, backwards wiggles and fwd. swizzles., Rocking horse, hop.

Snowplow Sam3 Forward skating, 1 ft. glide R&L, forward swizzles 4-6, back swizzles 4-6, snowplow stop, curves.

Youth Classes

Basic 1 - For skaters 6 yrs. and older who have never skated. Sit and get up, march fwd, 2 foot glides, dip, forward swizzles, backward wiggles, snowplow stop, hop.

Basic 2 - one foot glides, backward two foot glide, back swizzle, two foot turn, moving snowplow stop, fwd. alternating half pumps.

Basic 3 - fwd. stroking, fwd. pumps, fwd. to bkwd. Two foot turn, backward one foot glides, fwd slalom, two foot spin.

Basic 4 - fwd. inside and outside edges, back stroking, forward outside three turns, fwd. crossovers and backward snowplow stops.

Basic 5 - Back edges, Beginning one foot spin, backward crossovers, hockey stops, Side toe hops.

Basic 6 - Back to fwd. two foot turn, Inside 3-turns, bunny hops, spiral, lunge & T stops.

Pre Freestyle - Forward inside Mohawk, back outside & inside edges, ballet jump, landing position, fwd. pivots, fwd. inside and outside three turn, one foot spin, waltz jump, mazurka, combination move.

Freestyle - Edges, spirals, spins, jumps and footwork for Freestyle 1 - 6.

Adult Classes

Adult 1 - For beginners and those with some skating experience. Stroking, forward crossovers, 1-foot snowplow stops, backward skating, backward crossovers and T-stops.

Adult 2 - Forward outside 3-turns, Mohawks, hockey stops, shoot-the-duck, forward inside 3-turns, lunges, bunny hop and forward edges.



Learn to Skate

2017 SPRING/SUMMER PROGRAM



1000 Cornwall Road
Monmouth Junction, NJ 08852
Phone: 732.940.6400

Step 1

Please print:

Name: _____
 Address: _____
 City: _____ State: ___ Zip: _____
 Home #: () _____
 Cell #: () _____
 E-mail _____
 DOB _____ Age: _____
 Parent/Guardian: _____

Step 2

Class: _____ Session: _____
 Day: _____ Time: _____

Step 3

Cash Check # _____ Credit Card
 Card # _____ Exp. _____
 Signature for Credit Card: _____

WAIVER OF LIABILITY / INSURANCE MUST BE SIGNED TO PROCESS REGISTRATION.

In consideration of _____ being permitted to register and participate in the PROSKATE'S Learn to Skate program, in conjunction with PROSKATE, we do hereby release and discharge PROSKATE directors, agents, employees and any person or corporation or partnership connected herewith from all manner of action, injury, damages, costs, claims or demands which we will, shall or may hereinafter have, suffer or receive by reason of such participation in any program at the center. This release shall be binding on our heirs, assigns, executors and administrators. It is further agreed that PROSKATE shall not be considered to guarantee or warrant such equipment as may be used in the conditioning of said programs. The undersigned also agrees that their likeness or the likeness of their child may be photographed or videotaped and that such image may be published in an outlet used to promote or publicize the program.

In the event of cancellation, all monies are non-refundable; there are no exceptions.

Times and days may change due to enrollment, special events, etc.

*All applications require parent/guardian signature.

Parent Signature: _____
 (I have read & fully understand the waiver of liability)

FEES

4 week program - \$80
 5 week program - \$100.00
USFSA MEMBERSHIP - \$15.00

50% off on a specialty class when combined with your regular level class.

Practice Times

5:00 class - 5:30 to 6:30
 5:30 class - 5:00 to 5:30 & 6:00 to 6:30
 6:00 class - 5:00 to 6:00

CLASS	TUES	THURS
SNOWPLOW 1 - 4	5:00PM	6:00PM
BASIC 1	5:30PM	6:00PM
BASIC 2, 3	5:00PM	5:30PM
BASIC 4	5:00PM	5:00PM
BASIC 5	5:00PM	5:00PM
BASIC 6	6:00PM	5:00PM
PREFREESTYLE	6:00PM	5:00PM
FREESTYLE 1 - 6	6:00PM	5:00PM
ADULTS	5:30PM	6:00PM
CHOREOGRAPHY	5:30PM	
SYNCHRONIZED		5:30PM
ADV. FIGURE SKATING		6:00PM

SUMMER SESSION 8: (4 weeks)

Tues: Jun 27, Jul 11, 18, 25

Thurs: Jun 29, Jul 13, 20, 27

**SUMMER SESSION 9: (5weeks)**

Tues: Aug 1, 8, 15, 22, 29

Thurs: Aug 3, 10, 17, 24, 31

**"NEW" SPECIALTY CLASSES**

SYNCHRONIZED SKATING - Learn a team skating sport form circles, pinwheels, blocks while skating to music. Basic 5 & above.

CHOREOGRAPHY - Learn to build a skating program, with expression & movement.

ADVANCED FIGURE SKATING CLASS - This class is offered to Basic 5 & above with emphasis on advanced stroking, jumps, spins and footwork.

50% off on a specialty class when combined with your regular level class.

