

# 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 and United States Figure Skating Assoc.

## 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 in person, by mail or calling 732-940-6400.

**We do not pro-rate. Make-ups are available during summer sessions 8 & 9.**

**\*See Director to receive your make-up pass. Make up classes are done on Tuesday & Saturday of the session you are enrolled in.**

## 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  
Laureen 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

# 2018 SPRING/SUMMER PROGRAM

## TUESDAY & SATURDAY CLASSES



1000 Cornwall Road  
Monmouth Junction, NJ 08852  
Phone: 732.940.6400  
www.proskatenj.com

Please print:

**Step 1**

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**

**\$25** for the specialty class with your paid regular level class registration!

**\*30 minute class & 1 hour of practice.**

**Practice Times**

Tuesday Classes: 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


Saturday Classes: 10:00 class - 10:30 to 11:30  
10:30 class - 10:00 to 10:30 & 11:00 to 11:30  
11:00 class - 10:00 to 11:00

CLASS	TUES	SAT
SNOWPLOW 1 – 4	5:00PM	10:30AM
BASIC 1	5:30PM	11:00AM
BASIC 2, 3	5:00PM	10:30AM
BASIC 4	6:00PM	10:00AM
BASIC 5	6:00PM	10:00AM
BASIC 6	6:00PM	10:00AM
PREFREESTYLE	6:00PM	10:00AM
FREESTYLE 1 - 6	6:00PM	10:00AM
ADULTS	5:30PM	11:00AM
PARENT & ME		10:00AM
ADV. FIGURE	6:30PM	11:00AM

**SUMMER SESSION 8: (5 weeks)**

Tues: Jun 26, Jul 10, 17, 24, 31

Sat: Jun 30, Jul 7, 14, 21, 28



**SUMMER SESSION 9: (4weeks)**

Tues: Aug 7, 14, 21, 28

Sat: Aug 4, 11, 18, 25



**SPECIALTY CLASS**

**ADVANCED FIGURE SKATING CLASS :**

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

**\$25 SUMMER SPECIAL**

**\*SKATERS MUST BE CURRENTLY ENROLLED IN THEIR SKILLS CLASS TO PARTICIPATE IN THIS PROGRAM.**

