ICE SKATING

DEVELOPMENTAL PROGRAM

2014 - 2015

8 - ½ HOUR LESSONS

UNDER THE DIRECTION OF

DEBBIE MILNE DAVIS

NATIONAL AND INTERNATIONAL COACH

NEW SERIES BEGINS EVERY 4 WKS

$172.00

skate rental included lesson day only

FOR FURTHER INFORMATION

CONTACT: **AMY GAMSEN**

SCHOOL	845-356-8274
RINK	845-356-3919
FAX	845-356-8811

WWW.SPORTORAMA.COM

INFO@SPORTORAMA.COM

20 COLLEGE ROAD MONSEY, NY 10952

Sport-O-Rama Ice Rinks
20 College Road
Monsey, NY 10952

GENERAL INFORMATION

Arrival: Please try to arrive 15 minutes prior to your class time.

Admission: On check-in the first day, you will be given a class card with your name, the name of your coach, level and time. This card is used for admission to the rink and skate rental. No one will be admitted to the rink without a card. There will be a $2.00 charge for lost cards.

Skate Rental: Skates are included in the group class fee only on your day of class. There will be a fee of $3.00 on practice days. Skates are usually the same or ½ size smaller than shoe size. Your child should be able to walk on the skates. If not, the skates are not fitted properly. If needed, the skating school staff will help you.

Attire: Proper attire is important. The skating school recommends gloves and a sweater. Please no snowsuits or ski jackets. Helmets are advised for skaters 6 years old and under. For older children, a soft hat is appropriate.

Location of Class: Please look for signs by the rink entrance doors. They will be marked practice or class entrance. On the first day, enter the rink at the class entrance door and show the monitor your card. You will be shown the location of your class. Your class will be at the same spot every week.

U.S. Basic Skills Membership: The registration fee includes a membership into U.S. Figure Skating. You will receive the following :

...Record book to track your progress

...Accident insurance coverage
...Opportunities to compete locally & nationally

Upon completion of each series, the Sport-O-Rama staff will evaluate the skater as to their next skill level. All skaters will receive a certificate of completion. If your skater wishes to receive a skills patch arrangements must be made for testing. Please see the office.

Levels: Classes will be formed on all levels during the days and hours listed. If your class does not have enough registrants, you will be notified. You will receive an e-mail to confirm your class. There will be a minimum of six and a maximum of twelve in each class, except Snowplow Sam, which will have a maximum of six

Fees: must be paid with application. **NO REFUNDS AFTER THE FIRST CLASS** (refunds on pro rata basis).

THERE ARE NO MAKE UP CLASSES. THERE ARE NO CLASSES DURING THANKSGIVING, CHRISTMAS, PRESIDENTS WEEK, AND EASTER HOLIDAYS. Classes will be held on all other Holidays and school vacation periods.

Practice: Each registrant in the group lesson program will be allowed, during the enrollment period, to attend the public session held on Wednesday **EXCEPT** during school holidays and vacations, upon presentation of their card. This free admission is not part of the program, but is designed to encourage each youngster to skate on his own. Skate rental is extra during these public sessions and NO SKATER WILL BE ADMITTED UNLESS HE / SHE PRESENTS A CARD. ALL STUDENTS MUST PAY ADMISSION TO SKATE DURING THE SATURDAY, SUNDAY AND HOLIDAY PUBLIC SESSION. ALL SKATERS WILL BE ENTITLED TO RECEIVE A $ 3.00 DISCOUNT OFF THE REGULAR ADMISSION PRICE WITH THEIR GROUP CARD.

GROUP SKATING CLASSES

Welcome and thank you for choosing Sport-O-Rama skating school's Ice Skating Development Program for 2014—2015

Following you will find all the information you will need for a fun and successful skating experience at Sport-O-Rama.

Program – U.S. Figure Skating Basic Skills Program includes basic through advanced levels. All skaters will receive U.S Figure Skating membership.

THE CURRICULUM

Skating is an individual lifetime sport, which develops coordination better than any sport and improves poise, grace, rhythm and good posture. Each individual skater's progress depends on how much time and effort he or she desires to spend. The Sport-O-Rama Skating Program offers each skater an opportunity to accomplish his or her skating objectives.

The Sport-O-Rama Skating School will be utilizing the U.S. Figure Skating Basic Skills program for all of our group classes. The Basic Skills Program is a nationally accepted instructional program with a logical progression of skill development designed to increase interest and participation in ice skating. The program provides a nurturing environment with an emphasis on skating skills and sportsmanship. This program will be committed to providing our skaters with a curriculum which focuses on a skating program that will be a total experience for the whole skating season from September thru June.

Classes are taught by certified PSA Professional Skaters Association) instructors of the highest professional quality. Many of these instructors also instruct world and international competitors.

Snowplow Sam: These levels are designed to help the youngest skater develop preliminary coordination and strength to maneuver on the ice.

Basic Skills: These levels introduce the fundamental moves. Skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating

ADULT CLASSES

Will meet on Saturdays at 11:30 or 12:00 for all levels Classes will start based on enrollment.

ICE SKATING LEVELS

AGES 4 – 6

SNOWPLOW SAM 1: Never skated.

SNOWPLOW SAM 2: March across ice, forward swizzles, backward wiggles.

SNOWPLOW SAM 3: Forward skating, forward one-foot glide, backward swizzles.

AGES 7 & UP

BASIC 1: Never skated.

BASIC 2: Forward one-foot glide, backward swizzles.

BASIC 3: Forward stroking, two-foot turn, backward one-foot glide.

BASIC 4: Forward edges, forward cross-overs.

BASIC 5: Backward edges, backward cross-overs.

BASIC 6: Forward turns, T-stop.

BASIC 7: Mohawks, pivots.

BASIC 8: One-foot spin, waltz jump.

HOCKEY 1: Never skated.

HOCKEY 2: Forward skating, backward hustle.

HOCKEY 3: Forward C-cuts, backward V-stop.

HOCKEY 4: Forward one-foot pushes, hockey stop.

JUNIOR ACADEMY

More advanced skaters still interested in the class environment. Will meet Saturdays at 11:30.

GROUP LESSON DATES 2014-15

SERIES I	Sep 24th—Nov 15th
SERIES II	Oct 22nd—Dec 20th
SERIES III	Nov 19th—Feb 1st
SERIES IV	Jan 7th—Mar 8th
SERIES V	Feb 4th—Apr 12th
SERIES VI	Mar 8th —May 9th
SERIES VII	Apr 15th—Jun 13th
SERIES VIII	May 10th—Jun 13th

(Wed, Thu 5 WEEKS—$ 107.50)

(Sat, Sun 4 WEEKS —$86.00)

(Sun 7 WEEKS—$150.50)

LESSON DAYS & TIMES

WEDNESDAY: 4:00 & 4:30 PM

(11/5–2/25 times are 4:10 & 4:40)

THURSDAY: 5:45 PM

SATURDAY: 11:30 AM or 12:00 PM

SUNDAY: 2:15 or 3:00 PM

PUBLIC SESSION SCHEDULE

WEDNESDAY	(Sep. 3– Oct.. 29)	3:30 – 5:00 PM
WEDNESDAY	(Nov. 5– Feb. 25)	4:10—5:10 PM
SATURDAY	(Oct.. 4 – Mar. 7)	9:00 – 11:00 PM
SUNDAY	(Oct.. 26 – Jun. 14)	3:00—4:40 PM
HOLIDAY/SCHOOL VACATIONS		2:00—4:30 PM

(Times subject to change please call for updated schedule)

GROUP LESSON APPLICATION 2014—2015

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE ( ) _____

DATE OF BIRTH _____ AGE _____

E-MAIL:_____

I would like to register for the class listed below. I have enclosed my full payment and understand the classes are limited.

PLEASE CIRCLE LEVEL DESIRED

SNOW PLOW SAM 1 2 3

BASIC 1 2 3 4 5 6 7 8

JR ACADEMY

DAY & TIME DESIRED _____

ALTERNATE DAY & TIME_____

SERIES_____

I, the parent or guardian of the above named applicant hereby acknowledges the possibility of my youngster being injured while skating or while taking a lesson. I understand that there is no supervision during the practice sessions. I assume all risks and hazards incidental to ice skating and hereby waive, release and agree to hold harmless Ramapo Ice Rinks, Inc., the Sport-O-Rama Skating School and its instructors from any claim rising out of any injury which my youngster may sustain, while skating. I understand that there is limited, excess accident insurance coverage provided by USFS. I consent to pictures being taken of me by Ramapo Ice Rinks and understand that such pictures will become the property of Ramapo Ice Rinks. Ramapo Ice Rinks may use them for promotional purposes without the payment of fees or other compensation to me.

_____

Signature (Parent if skater is under 18)

REC'D $ _____CASH___ CK___ CC___BY ___ DATE_____