

Roosevelt Park Family

Roller Skating Rink

Lesson Form

LESSONS BEGIN ON SEPT. 20, 2009!

SUNDAYS

<u>1:00- 1:30 PM</u>	<u>Pre-Alpha</u>	<u>Alpha A</u>	<u>Tots</u>	<u>Adult 3</u>	<u>Gamma</u>
<u>1:30- 2:00 PM</u>	<u>Pre-Alpha</u>	<u>Tots</u>	<u>Beta</u>	<u>Adult 2</u>	<u>Alpha B</u>
<u>2:00- 2:30 PM</u>	<u>Alpha A</u>	<u>Pre-Alpha</u>	<u>Alpha B</u>	<u>Adult 1</u>	<u>Beta</u>
<u>2:30- 3:00 PM</u>	<u>Beta</u>	<u>Tots</u>	<u>Pre-Alpha</u>	<u>Adult 1</u>	<u>Tots</u>

PRACTICE TIMES FOR SKATING SCHOOL

STUDENTS CAN PRACTICE DURING ANY PUBLIC SESSION (4) TIMES AS LONG AS THEY HAVE THEIR ID CARD ON THEM. SKATE RENTAL IS INCLUDED!

**PRICE \$56.00 FOR (4) WEEKS
(ONE DAY PER WEEK)
GROUP LESSONS ARE 1/2 HOUR LONG
SKATE RENTAL IS INCLUDED!**

ROLLER SKATING LEVELS

TOTS AGES 5-6

NEVER SKATED BEFORE OR HAS MINIMUM EXPERIENCE
CAN MARCH ACROSS THE FLOOR AND GET UP
TWO FOOT GLIDE AND FORWARD SWIZZLE
CAN SKATE ACROSS THE FLOOR.
SWIZZLES, GLIDING.

BEGINNER- DELTA AGES 7-14

PRE-ALPHA:	CANNOT SKATE OR NEVER SKATED BEFORE . SCOOTER PUSHES TWO FOOT GLIDES. V-WALK, HEEL STOP, FORWARD & BACKWARD SWIZZLE.
ALPHA (A):	SPIN STOP, ONE FOOT GLIDES, FORWARD STROKING, PARALLEL TURN, FORWARD CROSSOVERS (BOTH DIRECTIONS)
ALPHA (B):	FOR STUDENTS WHO HAVE TAKEN ALPHA (A) & NEED ADDITIONAL INSTRUCTION
BETA:	BACKWARD CROSSOVERS (BOTH DIRECTIONS), BACKWARD STROKING, TWO-FOOT MOHAWK, 33 TURN
GAMMA:	FORWARD OUTSIDE 3-TURNS, FORWARD INSIDE MOHAWK, AND LUNGE STOP, FORWARD OUTSIDE EDGES
DELTA:	FORWARD INSIDE 3-TURNS, INSIDE EDGES, TWO FOOT JUMP, LUNGES, POWER STOP, SPREAD EAGLES.

ADULTS

ADULT 1:	NEVER SKATED BEFORE
ADULT 2:	MOVING TWO FOOT TURNS, CROSSOVERS, FORWARD EDGE ROLLS, BACKWARD 1 FOOT GLIDE
ADULT 3:	FORWARD & BACKWARD CROSSOVERS (BOTH DIRECTIONS) AND POWER STOP

APPLICATION

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
HOME PHONE _____
CELL PHONE _____
WORK PHONE _____
DATE OF BIRTH _____ AGE _____

PLEASE CIRCLE LEVEL DESIRED

TOTS
PRE-ALPHA BETA
ALPHA A B GAMMA
DELTA ADULT 1 2 3

DAY DESIRED _____
ALTERNATE DAY _____
NAME OF CLASS _____
PARENT PRINT NAME _____
PARENT EMAIL ADDRESS _____

PLEASE SIGN OUR WAIVER ON THE OTHER SIDE !

Make check or money order payable to:
Middlesex County Treasurer

**Bring your application to the rink or
MAIL IN YOUR APPLICATION TO:
MIDDLESEX COUNTY PARKS DEPT.
ATTN: TRACIE FATA
P.O. BOX 661
NEW BRUNSWICK, NJ 08903
PLEASE CALL 732-745-4484 IF YOU
HAVE ANY QUESTIONS**