

**LESSONS BEGIN ON April 14th, 2012!**

Find us on the web:

<http://www.co.middlesex.nj.us/parksrecreation/rollerrink.asp>

**SATURDAY & SUNDAY**

<b>9:30- 10:00 am</b>	<b>Beta</b>	<b>Tots</b>	<b>Pre-Alpha</b>	<b>Adult 1</b>	<b>Delta</b>
<b>10:00- 10:30 am</b>	<b>Beta</b>	<b>Tots</b>	<b>Gamma</b>	<b>Adult 1</b>	<b>Tots</b>
<b>10:30- 11:00 am</b>	<b>Pre-Alpha</b>	<b>Tots</b>	<b>Beta</b>	<b>Adult 2</b>	<b>Alpha B</b>

**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 !**

**PRACTICE TIMES FOR SKATING SCHOOL**

STUDENTS CAN PRACTICE DURING ANY PUBLIC SESSION (5) TIMES AS LONG AS THEY HAVE THEIR ID CARD ON THEM. SKATE RENTAL IS INCLUDED!

**PRICE \$70.00 FOR (5) FIVE WEEKS (ONE DAY PER WEEK)**  
**GROUP LESSONS ARE 1/2 HOUR LONG**  
**SKATE RENTAL IS INCLUDED!**  
 Make check or money order payable to:  
**Middlesex County Treasurer**

**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

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