

## Roosevelt Park Family Ice Skating Rink Lesson Form

**LESSONS BEGIN ON JAN. 4, 2011!**

**SATURDAYS & SUNDAYS**

**9:30- 10:00 am**    **Pre-Alpha**    **Adult 1**

**10:00- 10:30 am**    **Pre-Alpha**    **Tots**

**10:30- 11:00 am**    **Alpha A**    **Pre-Alpha**

**WEDNESDAY & FRIDAY**

**4:30- 5:00 pm**    **Pre-Alpha**

**5:00- 5:30 pm**    **Alpha A**

**PRACTICE TIMES FOR SKATING SCHOOL**

STUDENTS CAN PRACTICE DURING ANY PUBLIC SESSION (7) TIMES AS LONG AS THEY HAVE THEIR SKATING ID CARD ON THEM. THIS INCLUDES FREE SKATE RENTAL AS WELL!

**ICE SKATING LEVELS**

**TOTS AGES 5-6**

NEVER SKATED BEFORE OR HAS MINIMUM EXPERIENCE  
CAN MARCH ACROSS ICE AND GET UP  
TWO FOOT GLIDE AND FORWARD SWIZZLE  
CAN SKATE ACROSS ICE.  
SWIZZLES, GLIDING, SNOW PLOW STOP.

**BEGINNER- DELTA AGES 7-14**

PRE-ALPHA: CANNOT SKATE OR NEVER SKATED BEFORE  
ONE AND TWO FOOT GLIDES. FORWARD SWIZZLE AND BACKWARD WIGGLE.

ALPHA (A): FORWARD CROSSOVERS (BOTH DIRECTIONS) AND ONE FOOT SNOW PLOW STOP

ALPHA (B): FOR STUDENTS WHO HAVE TAKEN ALPHA (A) & NEED ADDITIONAL INSTRUCTION

BETA: BACKWARD CROSSOVERS (BOTH DIRECTIONS), BACKWARD STROKING, SPIRALS AND T-STOPS

GAMMA: FORWARD OUTSIDE 3-TURNS, FORWARD INSIDE MOHAWK, AND HOCKEY STOP.

DELTA: FORWARD INSIDE 3-TURNS, FORWARD OUTSIDE & INSIDE EDGES, BUNNY HOP & SHOOT THE DUCK.

**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 ONE FOOT SNOW PLOW STOP

***If you have any questions, please call Tracie Reed, the skating school director at 732-494-2980***

**ROOSEVELT PARK FAMILY ICE SKATING RINK IS MANAGED BY THE MIDDLESEX COUNTY IMPROVEMENT AUTHORITY**

<b>WINTER SERIES 2</b>				
<b>Tots</b>				
	<b>Adult 1</b>	<b>Alpha A</b>		
	<b>Alpha B</b>	<b>Adult 1</b>		

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**PRICE \$112.00 FOR SEVEN (7) WEEKS  
(ONE DAY PER WEEK)**  
**GROUP LESSONS ARE 1/2 HOUR LONG**  
**SKATE RENTAL IS INCLUDED!**  
**PLEASE MAKE CHECKS OR MONEY ORDERS**  
**PAYABLE TO: M.C.I.A**  
**QUESTIONS? CALL 732-494-2980**

**APPLICATIONS WILL NOT BE  
ACCEPTED BY MAIL.**

**APPLICATION**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_

**BEST PHONE NUMBER TO REACH YOU**

(       )       -      

PARENT PRINT NAME \_\_\_\_\_

PARENT EMAIL ADDRESS \_\_\_\_\_

**PLEASE CIRCLE LEVEL DESIRED**

TOTS

PRE-ALPHA                      BETA

ALPHA A    B                      GAMMA

DELTA                      ADULT 1    2    3

DAY DESIRED \_\_\_\_\_

ALTERNATE DAY \_\_\_\_\_

NAME OF CLASS \_\_\_\_\_

*If you cannot make it in on the dates listed below, we will accept your registration if there is room in the class after the dates have passed below.*

**Applications will ONLY be accepted  
in person at the ice rink.**

**REGISTRATION & PAYMENT IS ON:**

**FRIDAY, DEC. 16 from 5-8 PM**

**SATURDAY, DEC. 17 from 6-8 PM**

**SUNDAY, DEC. 18 from 4-7 PM**

The rink is located at

151 Parsonage Rd.(Roosevelt Park) Edison, NJ 08837. We are right by the Menlo Park Mall.