

# General Information

## CLASS SIZE

We are excited to bring our Learn to Skate program BACK! We will be allowing 10 skaters per level for this season of Learn to Skate. Once each level is full, we will not allow anymore into the class. Sign up early to hold your spot!

## PROCEDURES AND PROTOCOLS

- Arrive no more than 15 minutes prior to class
- Masks are required in building, except on ice
- Use proper social distancing
- Only **ONE** parent/guardian per student to help put on skates, they may remain in the building to reduce building capacity.
- Participants should arrive fully dressed
- Please **STAY** at home if your not feeling well
- We have a zero tolerance policy in relation to the guidelines stated above

## APPAREL

Dress warm and in layers, stretch pants preferred  
Bicycle helmets and gloves are required for levels Tots - Basic 5. (Helmets will not be given out)  
Rental skates are included.  
Masks required

## REGISTRATION

Registration will only be taken on line at [www.proskatenj.com](http://www.proskatenj.com)

**\*\* There is no "pro-rating or make-ups" for missed classes.**

**(make-ups will ONLY be offered during summer sessions.**

## BOOSTER LESSON

We offer 15 minute booster lessons for children having difficulty learning a required maneuver (separate \$20 fee). Must be setup by appointment.

\*Pro Skate is determined to keep a clean and safe environment for our staff and clients, with routine cleanings and temperature checks. Regular sanitizing of all rental skates.

**For additional information, please call  
Laureen Valentino, Skating Director  
732.940.6400 [laureenatproskate@gmail.com](mailto:laureenatproskate@gmail.com)**



## CLASS DESCRIPTIONS

### Pre-K and Kindergarten Classes

**Parent/Me** - Both parent and child participate in the on-ice lesson where basic skills are taught. (Lesson is for the Tot child only)

**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., hop.

**Snowplow Sam 3** - Forward skating, 1 ft. glide R&L, forward swizzles 4-6, back swizzles 2-3, snowplow stop, curves.

**Snowplow Sam 4** - Forward skating, backward two foot glide, backward swizzles 4-6, two foot turns, hop.

### 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** - Scooter pushes, one foot glides, backward two foot glide, Rocking horses, back swizzle, two foot turn, moving snowplow stop, curves.

**Basic 3** - Fwd. stroking, fwd. pumps, fwd. to bkwd. Two foot turn, backward one foot glides, fwd slalom, bkwd snowplow stop.

**Basic 4** - fwd. inside and outside edges, back pumps, backward one foot glides, fwd. crossovers and start two foot spin.

**Basic 5** - Back edges, forward outside three turn, backward crossovers, hockey stops, advance two foot spin, side toe hops.

**Basic 6** - Back to fwd. two foot turn, fwd inside 3-turns, back stroking, beginning one foot spin, bunny hops, spiral, lunge & T stops.

**Pre-Freestyle** - Forward inside Mohawk, back outside edge to a forward outside edge transition, landing position, fwd. pivots. fwd. inside and outside three turn, one foot spin, waltz jump, mazurka.

**Freestyle** - Edges, spirals, spins, jumps and footwork for Freestyle 1 - 6.

### Adult Classes

**Adult 1** - For beginners and those with some skating experience. forward marching, two foot glide, 1-foot snowplow stops, dip.

**Adult 2** - forward skating, one foot glide, slalom, backward skating & swizzles, two foot turn in place.

**Adults 3-6** - For more advanced Skills!



# 2020 - 2021 Schedule



1000 Cornwall Road  
Monmouth Junction, NJ 08852  
Phone: 732.940.6400  
[www.proskatenj.com](http://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 not 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)

<b>FEES</b>			
4 wk. \$100    5 wk. \$125.00    6 wk. \$150.00			
<b>1/2HR. CLASS PLUS 1HR. PRACTICE</b>			
<u>ADULT WITH A CHILD IN PROGRAM DISCOUNT:</u>			
4wk. \$75.00    5wk. \$100.00    6wk. \$125.00			
<b>United States Figure Skating</b>			
Required Yearly Membership Fee \$18.00			
Sign up at: <a href="http://learntoskateusa.org">learntoskateusa.org</a>			
<b>PRACTICE TIMES</b>			
<b>FRIDAYS CLASS:</b>		<b>PRACTICE TIME:</b>	
5:15 CLASS:		5:45 – 6:45	
5:45 CLASS:		5:15-5:45 & 6:15-6:45	
6:15 CLASS:		5:15 – 6:15	
<b>SATURDAYS CLASS:</b>		<b>PRACTICE TIME:</b>	
10:00 CLASS:		10:30 – 11:30	
10:30 CLASS:		10:00-10:30 & 11:00-11:30	
11:00 CLASS:		10:00 -11:00	
<b>SUNDAYS CLASS:</b>		<b>PRACTICE TIME:</b>	
4:00 CLASS:		4:30-5:30	
4:30 CLASS:		4:00-4:30 & 5:00-5:30	
5:00 CLASS:		4:00-5:00	
<b>CLASS SCHEDULE:</b>			
	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>SNOWPLOW 1-4</b>	5:15p	10:30a	4:00p
<b>BASIC 1</b>	5:45p	11:00a	4:30p
<b>BASIC 2, 3</b>	5:15p	10:30a	4:00p
<b>BASIC 4</b>	6:15p	10:00a	5:00p
<b>BASIC 5</b>	6:15p	10:00a	5:00p
<b>BASIC 6</b>	5:45p	10:00a	5:00p
<b>PRE-FREESTYLE</b>	5:45p	10:00a	4:30p
<b>FREESTYLE 1- 6</b>	6:15p	10:00a	4:30p
<b>ADULTS</b>	5:45p	11:00a	
<b>PARENT &amp; ME</b>		11:00a	

<b>SESSION 1: (4weeks)</b>
Fri: Sept. 11, 18, 25, Oct. 2 Sat: Sept. 12, 19, 26, Oct. 3 Sun: Sept. 13, 20, 27, Oct. 4
<b>SESSION 2: (5weeks)</b>
Fri: Oct. 9, 16, 23, 30 Nov. 6 Sat: Oct. 10, 17, 24, 31 Nov. 7 Sun: Oct. 11, 18, 25, Nov. 1, 8
<b>SESSION 3: (5weeks)</b>
Fri: Nov. 13, 20, Dec. 4, 11, 18 Sat: Nov. 14, 21, Dec. 5, 12, 19 Sun: Nov. 15, 22, Dec. 6, 13, 20
<b>SESSION 4: (5weeks)</b>
Fri: Jan. 8, 22, 29 Feb. 5, 19 Sat: Jan. 9, 23, 30 Feb. 6, 20 Sun: Jan. 10, 24, 31, Feb. 7, 21
<b>SESSION 5: (5weeks)</b>
Fri: Feb. 26, Mar. 5, 12, 19, 26 Sat: Feb. 27, Mar. 6, 13, 20, 27 Sun: Feb. 28, Mar. 7, 14, 21, 28
<b>SESSION 6: (6weeks)</b>
Fri: Apr. 9, 16, 23, 30 May 7, 14 Sat: Apr. 10, 17, 24, May 1, 8, 15 Sun: Apr. 11, 18, 25, May 2, 9, 16
<b>SESSION 7: (5weeks)</b>
Fri: May 21, Jun. 4, 11, 18, 25 Sat: May 22, Jun. 5, 12, 19, 26 Sun: May 23, Jun. 6, 13, 20, 27
