

# ICE SKATING

## DEVELOPMENTAL PROGRAM

2009 - 2010

8 - ½ HOUR LESSONS

***UNDER THE DIRECTION OF  
PETER BURROWS &***

***MARYLYNN GELDERMAN***

***WORLD AND OLYMPIC COACHES***

***GROUP DIRECTOR-***

***BIBI ZILLMER MORITZ***

NEW SERIES BEGINS EVERY 4 WKS

**\$160.00**

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](http://WWW.SPORTORAMA.COM)

INFO@SPORTORAMA.COM

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.

**I.S.I. Membership:** The registration fee includes a membership in the I.S.I. You will receive the following from the ISI:

- ...ISI membership card
- ...ISI Recreational skater magazine
- ...ISI Accident insurance coverage
- ...Opportunities to compete locally & nationally

Upon completion of each skill level, the Sport-O-Rama staff will administer a test and each skater who passes will receive the appropriate "Skills Patch".

**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 be called to confirm your class. There will be a minimum of six and a maximum of twelve in each class, except the tots, which will have a maximum of eight.

**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 CHRISTMAS HOLIDAY (DEC.24-JAN1) 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 PRESENT A CARD. ALL STUDENTS MUST PAY ADMISSION TO SKATE DURING THE FRIDAY, SATURDAY, SUNDAY AND HOLIDAY PUBLIC SESSION. ALL SKATERS WILL BE ENTITLED TO RECEIVE A \$ 2.00 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 2009—2010.

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

**Program** – Ice Skating Institute (ISI) learn to skate program includes basic through advanced levels. All skaters will receive membership in the ISI.

### 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 Ice Skating Institutes Recreational skating program for all of our group classes. The ICE SKATING INSTITUTE (ISI) 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.

**Tots:** The ISI Tot program offers specialized instruction for four to six year-olds with the emphasis on fun.

**Basic Skills:** The ISI basic skills skating program guides new skaters through carefully graduated maneuvers, Ensuring rapid progress over short time periods. Beginner through Gamma tests provide direction and build competency in all important foundation moves. Forward and backward skating, stopping, turning and edges are taught in exciting, low cost group lessons.

## ICE SKATING LEVELS

### AGES 4 – 6

- TOT 1:** Never skated before.
- TOT 2:** Minimum experience can march across ice and get up.
- TOT 3:** Two foot glide and forward swizzle
- TOT 4:** Can skate across ice. One foot snow plow stops, swizzles and gliding

### AGES 7 & UP

- BEGINNER 1:** Can not skate, never skated
- BEGINNER 2:** Can skate without assistance
- PRE-ALPHA:** Includes two and one-foot glide, forward and backward swizzles and backward wiggles.
- ALPHA:** Includes forward crossovers and Stops.
- BETA:** Includes backward crossovers and spirals
- GAMMA:** Includes Mohawks, three turns, and spins

### THE JUNIOR CLUB

The Junior Club will include advanced free style elements. Our Skating Director will evaluate all interested participants.

## GROUP LESSON DATES 2009–10

- SERIES I** Oct 2nd—Nov. 25th
- SERIES II** Oct 30th—Dec 23rd
- SERIES III** Nov 28th—Jan. 27th
- SERIES IV** Jan. 2nd—Feb 28th
- SERIES V** Jan. 30th—Mar 24th
- SERIES VI** Feb 27th—Apr. 21st
- SERIES VII** Mar. 27th—May 19th
- SERIES VIII** Apr 24th—June 16th

### LESSON DAYS & TIMES

- MONDAY:** 4:30 PM
- WEDNESDAY:** 4:00 & 4:30 PM
- FRIDAY:** 2:00, 2:30. & 3:00 PM
- SATURDAY:** 11:30 AM & 12:00 PM
- SUNDAY:** 2:15 & 3:00 PM

### PUBLIC SESSION SCHEDULE

- MON. & WED** (Sept 9 – Oct 28) 3:30 – 5:00 PM
- WEDNESDAY** (Nov. 4 – Feb 24) 4:00—5:00 PM
- FRIDAYS** (Sept 4 – Feb 28) 2:00 – 3:45 PM
- SATURDAY** (Nov. 7 – Feb. 27) 1:30—3:15 PM
- SATURDAY** (Oct. 31 – Feb. 27) 9:00 – 11:00 PM
- SUNDAY** (Nov 1 – Feb 28) 2:55—4:30 PM
- HOLIDAY/SCHOOL VACATIONS** 2:00—4:30 PM

## GROUP LESSON APPLICATION 2009—2010

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

TOT 1 2 3 4 ALPHA  
 BEGINNER 1 2 BETA  
 PRE-ALPHA GAMMA

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 ISI. 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 \_\_\_\_ BY \_\_\_\_ DATE \_\_\_\_\_