

WINTER 2012 Session 3&4 Schedule

RISING SKATER

RISING SKATER MISSION STATEMENT

The Floyd Hall Arena Learn to Skate program offers a variety of classes and levels to suit every skaters needs. Our highly qualified and certified instructors and small class sizes will help every skater progress at his/her own pace.

The Rising Skater program is of the secondary level in class progression. When skaters have completed the elements of Tot 1-3 and PreAlpha-Gamma they are accepted as candidates for this program. Skaters progress from forward and backward crossovers to beginner jumps and spins. Upon completion of the two levels within this program, skaters move to the Gold Star Freestyle program and pursue private lessons.

Skaters within this program are required to participate in our off-ice classes. Off-ice classes are included in the price.

THE A-B-C's of RISING SKATER PROGRAM

1. All Rising Skaters receive a four pass for freestyle classes on the first day. (Please stop by the registration table.)
2. Skaters at this level are not required to wear a helmet but it is recommended.
3. Hockey skates are not permitted.
4. Skates are available for rental but we highly recommend purchasing your own skates. Please call our Pro Shop for more information: 973-783-2015.
5. Proper uniform is required. Please check the Pro Shop for more information: 973-783-2015.
6. Skaters are required to take one off-ice class weekly. Girls must wear a leotard and ballet slippers. Boys must wear black pants, white tee-shirt and ballet slippers.
7. An athletic waiver must be signed and the session must be paid in full before entering the ice.
8. Levels may be combined.
9. Registrations taken the day classes begin are subject to a \$25.00 late fee.
10. Make up classes are only available for those with a doctors note.
11. There are no REFUNDS! Credit on Files will be issue to those with a doctor's note.

Floyd Hall Arena Figure Skating Department:

Kristen Fraser
 Figure Skating Director
 Floyd Hall Arena
 973-746-7744
 Skatingdirector@floydhallarena.com



Patty Ensign
Advanced Director
 Floyd Hall Arena
 973-746-7744

CLASS SEMESTERS WINTER 2012

TUESDAY:

**evening lessons available*

Winter 3	January 3– February 14	7 Weeks/ \$175.00
Winter 4	February 21– April 3	7 Weeks/ \$175.00

THURSDAY:

**evening lessons available*

Winter 3	January 5– February 16	7 Weeks/ \$175.00
Winter 4	February 23– April 5	7 Weeks/ \$175.00

SATURDAY:

**daytime lessons available*

Winter 3	January 7– February 18	7 Weeks/ \$175.00
Winter 4	February 25– April 7	7 Weeks/ \$175.00

** Schedule subject to change*

** Skate Rental Passes are now available for the price of \$20 which also includes rental use for any Public Session!*

Celebrating 10 years on ice!

Winter 2012 3&4 Session Schedule



Rising Skater Program Winter 2012	Tuesday	Thursday	Saturday
On-ice Clinic: <i>Rising Tots</i> <i>Rising Stars</i>	4:00-4:30pm Both Levels	4:00-4:30pm Both Levels	11:55-12:25 pm
OFF-ICE: Pilates– <i>Tue, Thurs</i> Ballet/Conditioning– <i>Sat</i>	4:45-5:30 pm	4:45-5:30 pm	11:00-11:45am

ON-ICE CLASS DESCRIPTION

RISING TOT:

For the skater ages 3 1/2-6 years old who has completed the basic Learn to Skate program.

Rising Tot Starter: forward & backward swizzles, one and two foot glide, backward wiggles & two foot spin with one rotation

Rising Tot Intermediate: instruction on edges, introduction to forward stroking and forward crossovers, clap jump & bunny hop

Rising Tot Advanced: introduction to backward stroking and backward crossovers, T Stops, right and left outside edges, two foot spin three rotations with a one foot exit, pivot and lunge

For the skater ages 7 years and older who has completed the basic Learn to Skate program.

Rising Star Bronze: forward & backward crossovers, spirals, stroking, lunges, waltz jump, 2 foot and 1 foot spins and shoot the duck

Rising Star Silver: forward & backward crossovers, spirals, lunges, waltz jump, shoot the duck, beginning sit spin and stroking

Rising Star Gold: preparation for Moves in the Field Test & Spring Competition

OFF-ICE CLASS DESCRIPTION

The off-ice portion of the Rising Skater Program is a crucial part in developing young skaters. Ballet teaches skaters fluidity and grace. Pilates creates long lean muscles and builds core strength. Floyd Hall Arena recommend skaters take one to two off-ice classes a week in addition to one on-ice clinic and one hour of on-ice practice.

RISING SKATER BLACKBOARD

Dates To Remember:

**Want to take skating to the next level?
Sign up for a private lesson with the
coach of your choice!**

**Contact: Kristen Fraser
Figure Skating Director
973-655-8013**

Floyd Hall Arena Figure Skating Department:

Kristen Fraser

Figure Skating Director

Floyd Hall Arena

973-655-8013

Skatingdirector@floydhallarena.com



Patty Ensign

Advanced Director

Floyd Hall Arena

973-746-7744