

The Orange County SportsPlex offers a wide variety of programs for all ages and skill levels.



Learn To Skate

Coffee Club

Mice On Ice

Parent and Me

Carolina Ice Synchro

1/2 Hour Power

Skating camps, seminars
and more. . .

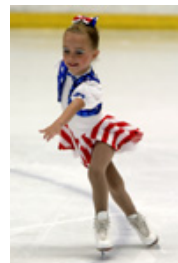
Orange County SportsPlex
101 Meadowlands Dr.
Hillsborough, NC 27278
919-644-0339

For more information on the figure skating
programs offered contact

Jamye Gaster, figure skating director, at
jgaster@trianglesportsplex.com

2012 Saturday Bridge Program

February 4– May 12



Group A

Basic 3-Basic 8

9:30-10:30 on ice

10:45-11:15 off- ice

Group B

Free skate 1-Free skate 6

9:30-10:30 on ice

*8:45-9:15 power class



Group C

Axel and above

8:45-9:15 power class

9:30-10:30 on ice



Power Class

Jumps and Spins class

Moves in the Field/Figures class

Off-Ice Conditioning





The Bridge Program

Group A

Basic 3- Basic 8
(starting half and full rotation jumps)

Group B

Freestyle 1-Freestyle 6
(working on all singles including axels)

Group C

Working on Doubles/Triples



Bridge Schedule

- 8:45-9:15 Power (Group B and C)
- 9:30-9:50 Figures/Moves in the Field
- 9:50-10:10 Spins Class
- 10:10-10:30 Jumps class
- 10:45-11:15 Off-Ice Class (Group A)



Bridge Program Registration

Name: _____

DOB _____ Age _____ Male/Female

Address _____

City _____ St _____ Zip _____

Parent/Guardian _____

Phone# _____

Current Email _____

Emergency Name _____ Phone _____

Coach: _____ Basic Skills Level/Moves Passed: _____

___ **Group A** ___ **Group B** ___ **Group C**

February 4– May 12 (14 weeks)

(April 21– no class)

___ **2 payments of \$245 due Feb 4 and March 24**

___ **1 payment of \$490 due Feb 4**

*Up to two missed classes will be reimbursed in freestyle punch passes.

Upon entering any program sponsored by the Triangle SportsPlex, you voluntarily and knowingly accept and assume all risks and release and hold harmless Recreation Factory Partners, LLC dba, Orange County SportsPlex, its affiliates, their sponsors and officials from any liability therefore. Participant's parent(s)/guardian(s) agrees to release and hold harmless Recreation Factory Partners, LLC dba, Orange County SportsPlex of all claims or causes of action by whomever or wherever made or presented for participants injury, property damage wrongful death.

Signature: _____ (parent/guardian)

Date: _____

