



Come Join Our New Carolina Ice Synchro Beginner Team

Are you interested in joining the fastest growing division in figure skating? Skate on a team of friends and have a blast!

Basic Skills 5-Freeskate 1

Freeskate 1-Freeskate 6



Orange County SportsPlex 11 week LEARN TO SKATE



Tuesdays 4:00-4:30 pm

Jan 17- March 27

Thursdays 5:45-6:15pm

Jan 19-March 29

Saturdays 10:30-11:00 am

Jan 21-April 7

No class Jan 28

What's the next step in figure skating?

THE BRIDGE PROGRAM

Designed for basic 3 and up

Split into four skill levels to further develop your figure skater. The program covers jumps, spins and moves in the field from the basic skills level through the Senior test.



Interested in Synchronized Skating?

Beginning our Spring Team in February. For more information, contact Jamye Gaster at jgaster@trianglesportsplex.com

Private Skating Lessons



Private lessons are available to any skater seeking individual instruction. Once you choose an instructor, you and the instructor will determine the length and fee of the lessons. Instructors are available for all levels and ages of skaters. Private instruction is helpful for skaters who wish to master a particular skill or advance more quickly through the class levels and/or participate in competitions and US Figure Skating testing. Skaters, starting from ages 4 and up often take lessons in addition to group lessons. For any questions or advise, please contact Jamye Gaster, Figure Skating Director, at 919-644-0339 or jgaster@trianglesportsplex.com



SAVE when you register for *two* or more days a week

One day \$165 (Attend class one day each week- Tues, Thurs or Sat)

Two days \$255 (Attend two classes each week)

Three days \$305 (Attend all three classes each week)

Skate School Tips



- Please arrive at least 15 minutes prior to the start of class.
- Bike helmets are strongly recommended for Snowplow Sam- Basic 2
- Dress warmly. Don't forget your gloves or mittens.
- You may make up any missed class on another day during this session.

The Bridge Program- Begins February!

Level 1-Advanced

Moves- Working on Novice and up

Jumps- working on doubles and triples

Spins- IJS levels

Level 2-Intermediate

Moves- Working on Pre-Juvenile-Intermediate

Jumps-working on axel and beginning doubles

Spins- Working on flying camel, layback and combos

Level 3 and 4- Basic Skills- Freeskate

Moves- No Test-Preliminary

Jumps-Working on waltz jump-lutz

Spins- Two foot, one foot, scratch, back scratch and sit

Tentative Saturday Schedule

8:45-9:15	Power (Level 1-2) or Off-ice (Level 3-4)
9:30-9:50	Moves
9:50-10:10	Jumps
10:10-10:30	Spins

Skate School Registration

Name: _____

DOB _____ Age _____ Male/Female

Address _____

City _____ St _____ Zip _____

Parent/Guardian _____

Phone# _____

Current Email _____

Emergency Name _____ Phone _____

Please check day and level __ Tuesday 4:00-4:30 pm

(no snowplow sam or adult classes)

__ Thursday 5:45-6:15 pm

__ Saturday 10:30-11:00 am

Class Levels: **Snowplow Sam** 1* 2 3 (ages 3-5)

Basic 1* (ages 6+, first time in group classes)

Basic 2 3 4 5 6 7 8 **Freeskate** 1 2 3 4 5 6

Adult 1* 2 3 4 (Adult not offered on Tuesday)

Register for One Day \$165,

Two Days \$255,

Three Days \$305

***Annual \$15 membership fee to US Figure Skating fee required for all**

Snowplow Sam 1, Basic 1 and Adult 1 participants. \$180

Upon entering any program sponsored by the Orange County SportsPlex, you accept and assume all risks and release and hold harmless Recreation Factory Partners, LLC dba, Orange County SportsPlex, its affiliates, sponsors and officials from any liability therefore. Participants, parent(s)/guardian(s) agree 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 or wrongful death.

Signature: _____ (parent/guardian Date: _____)

No Refunds after the first day of class.

After the first day of class, a credit will be applied to use in any other SportsPlex program.