

The Triangle 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. . .

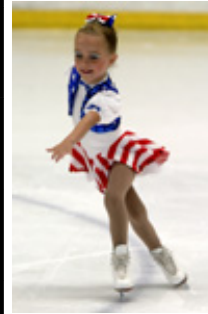


Triangle SportsPlex
One Dan Kidd Dr.
Hillsborough, NC 27278
919-644-0339

For more information on the figure skating
programs offered contact

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

The Bridge Program



Saturdays

9:00-11:15 am

January 30– March 27

Open to Skaters

Basic 3 and up!



Introduction to Singles, Moves in the Field,
Ice Dancing, Synchronized Skating and
more all offered at the
Triangle SportsPlex!





Bridge Schedule

- 9:00-9:20 Off ice jump and stretch class
- 9:30-9:50 Edge/Turns Class
- 9:50-10:10 Skills Class
- 10:10-10:30 Power Class
- 10:30-11:15 Freestyle Session*

*This freestyle session is an open freestyle and is not limited to
Bridge Program participants.

The Bridge Program

The bridge program is designed to introduce skaters to many aspects of figure skating offered at the Triangle SportsPlex: singles, ice dancing, moves in the field and synchronized skating. There are also three parent's education class to provide more information about the sport, from proper fitting boots to competitions and testing opportunities.

The Bridge Program is open to Basic 3- Free skate 6, no-test, pre-preliminary and preliminary level skaters. Classes will be divided into groups with similar skill levels. For more information, please contact Jamye Gaster at 919-644-0339.

Bridge Program Registration

Name: _____

DOB _____ Age _____ Male/Female

Address _____

City _____ St _____ Zip _____

Parent/Guardian _____

Phone# _____

Current Email _____

Emergency Name _____ Phone _____

Primary Coach: _____

Saturdays 9:00-11:15 am

9 Week Session

Jan 30-Mar 27

\$310**

****Payment plans are available.**

Contact Jamye Gaster for more information.

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, Triangle 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, Triangle 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: _____