

FIGURE SKATING PREP

Fall Semester: January 2 - March 24, 2012

Figure Skating Prep is a developmental program which bridges Learn to Skate and beginner level competitive training.



Based on the successful Sky Rink Summer Champions program, young skaters are taught off-ice conditioning, goal setting, focus training, freestyle rules and how to mentally and physically prepare for competition. The Prep program includes a 60-minute off-ice class with experienced certified trainers, an 80-minute freestyle session. Private on-ice instruction is available for an additional fee.

Participants in the Prep program must be between ISI Delta and USFSA Pre-Preliminary Skating Level and between ages 4 and 16. Freestyle rules will be strictly enforced. Off-ice training includes body alignment, aerobics, plyometrics, ballet/dance and strength training. Harness training is also available.

*Make-ups are only available if session capacity permits and must be approved by the director. Unused sessions cannot be rolled over or used in other Sky Rink programming.

FIGURE SKATING PREP SCHEDULE

Now 5 days a week!

Schedule:	Monday, Tuesday & Thursday
	4:15pm - 5:15pmOff-ice
	5:30pm - 6:50pmOn-ice
	Wednesday
	5:30pm - 6:30pmOff-ice
	4:00pm - 5:20pmOn-ice
	Saturday
	10:00am - 11:20amOn-ice
	11:45am - 12:45pm.....Off-ice
Fees:	1 day/week\$567/semester
	2 days/week\$1,014/semester
	3 days/week\$1,278/semester
	4 days/week\$1,500/semester
	5 days/week\$1,755/semester

Figure Skating Prep is a 12-week program. Pre-enrollment is required to guarantee a space and may be processed in person or over the phone with Melissa Lightell at 212.336.6100 ext. 6162 with a credit card. Please arrive early on the first day to sign the waiver and pick up your copy of the registration form. After the first session, simply stop by the Front Desk to check in. If you have not pre-registered, you can still enroll by arriving at least 45 minutes in advance of the first session. Financial assistance is available (see reverse side) but a prep application is also required to hold your spot.

SATURDAY BLACK DIAMOND

212.336.6100 EXT. 6152 & 6158

Black Diamond Camp, a 12-week program for adult skaters Freestyle 1 and above, includes off-ice and on-ice clinics and private practice time. Highly recommended for adult skaters who want to continue past Learn to Skate at a great price!

SATURDAY	FEES
Off-ice: 10:45 - 11:15am	Semester: \$572
On-ice: 11:30 - 12:30pm	Per Class: \$52

OFF-ICE TRAINING

Directed by top international strength, flexibility and dance coaches, Sky Rink offers one of the most comprehensive off-ice training programs in the nation. Please call 212.336.6100 ext. 6168 for information on group and private off-ice sessions.



SKATING CLUB OF NEW YORK

Sky Rink is also home rink to the Skating Club of New York, a member skating club of the United States Figure Skating Association (USFSA). Memberships for children, adults and families are available. Please visit the Sky Rink Front Desk for SCNY membership applications, or visit www.thescny.org.



For more information on Wednesday night and Sunday morning sessions, please call 646.638.0030.

ISI

Sky Rink Skating School is endorsed by ISI, The Ice Skating Institute. To join ISI, please contact the Skating School or visit www.skateisi.com for a membership



application. Skaters at all levels must be members to compete. Skaters above the Alpha level must be members to receive award badges.

FIGURE SKATING

WINTER 2012

**SKY RINK PREP
FREESTYLE/DANCE**



SKY RINK

**Chelsea Piers - Pier 61
23rd Street & the Hudson River Park
New York, NY 10011
212.336.6100 (ext. 6162 or 6168)
www.chelseapiers.com/sr**



FREESTYLE SESSIONS

Sky Rink offers a complete range of Figure Skating Freestyle and Ice Dance sessions year-round. Please check the Freestyle/Dance Schedule for days and times.

80-MINUTE SESSIONS

One Session.....\$33

10-Pass (not for subscription) \$245 (\$24.50/session)

50-MINUTE SESSIONS

One Session (weekdays)\$26.50

One Session (weekends)\$31.50

10-Pass (not for subscription) \$215 (\$21.50/session)

Weekend Subscription.....\$26/session

Double Free 100 (weekdays).....\$43.25

Double Free 130 (weekdays).....\$45.50



FREESTYLE RULES

All lessons must end and all skaters must immediately exit the ice when the Olympia pulls onto the ice. No exceptions.

Program and lesson skaters with music playing have right of way. Please be aware of flow on the ice. Move to the boards if you are not actively practicing an element.

The majority of coaching should be done at the side of the rink. Please do not stand in the center of the rink or in lutz corners.

Tapes are played in order (one tape per program). No double run-throughs. Lesson tapes have priority as long as order remains lesson, non-lesson. Dance music is limited to a two-pattern duration. All skaters have one run-through before second run-throughs are allowed.

Payments must be received before entering the ice. No split sessions.

Practice spins should be done in the center of the rink.

No food/drink permitted on the ice or in the players' area.

All coaches and skaters must wear skates on the ice.

Efforts should be made to avoid conflicts with other skaters by exhibiting a friendly and cooperative attitude. Any conflicts should be addressed to Management and any action taken will be at Management's discretion.

Kicking the ice will result in expulsion from session with no refund.

FREESTYLE DESCRIPTIONS

Please note the following session descriptions:

- **Intro to Free/Dance:** figure skaters of all levels.
- **Freestyle 1/Dance:** figure skaters FS 1 or equivalent and any level of dance.
- **East Freestyle:** figure skaters who have passed the USFSA Juvenile Free test and/or USFSA Silver Dance test.

Levels subject to change by Management.

FREESTYLE/DANCE SCHEDULE

January 2 - March 31, 2012

WEST RINK

	MON	TUE	WED	THUR	FRI	SAT
4:30 - 5:20am	Freestyle/ Dance	Freestyle/ Dance	Freestyle/ Dance	Freestyle/ Dance	Freestyle/ Dance	—
5:00 - 5:50am	—	—	—	—	—	—
5:30 - 6:20am	Freestyle/ Dance	Freestyle/ Dance	Freestyle/ Dance	Freestyle/ Dance	Freestyle/ Dance	—
6:00 - 6:50am	—	—	—	—	—	—
6:30 - 7:20am	Freestyle/ Dance	Freestyle/ Dance	Freestyle/ Dance	Freestyle/ Dance	Freestyle/ Dance	—
7:00 - 7:50am	—	—	—	—	—	Freestyle/ Dance
8:00 - 8:50am	Freestyle/ Dance	Freestyle/ Dance	Freestyle/ Dance	Freestyle/ Dance	Freestyle/ Dance	Freestyle/ Dance
9:00 - 9:30am	—	—	—	—	—	—
9:00 - 9:50am	Intro Free/ Dance	Intro Free/ Dance	Intro Free/ Patch	Intro Free/ Dance	Intro Free/ Patch	Intro Free/ Dance
10:00 - 10:30am	—	—	—	—	—	—
10:00 - 10:50am	Intro Free/ Dance	Intro Free/ Dance	Intro Free/ Dance	Intro Free/ Dance	Intro Free/ Dance	—
11:00 - 11:50am	Intro Free/ Dance	Intro Free/ Dance	Intro Free/ Dance	Intro Free/ Dance	Intro Free/ Dance	—

EAST RINK

	MON	TUE	WED	THUR	FRI
4:00 - 4:50am	High Freestyle	High Freestyle	High Freestyle	High Freestyle	High Freestyle
5:00 - 5:50am	High Freestyle	High Freestyle	High Freestyle	High Freestyle	High Freestyle
6:00 - 7:20am	High Freestyle	High Freestyle	High Freestyle	High Freestyle	—
7:30 - 8:20am	High Freestyle	High Freestyle	High Freestyle	High Freestyle	High Freestyle
6:30 - 7:20am	High Freestyle	High Freestyle	High Freestyle	High Freestyle	High Freestyle
8:30 - 9:20am	High Freestyle	High Freestyle	High Freestyle	High Freestyle	High Freestyle
9:30 - 10:20am	High Freestyle	High Freestyle	High Freestyle	High Freestyle	High Freestyle
10:30 - 11:20am	High Freestyle	High Freestyle	High Freestyle	High Freestyle	High Freestyle
11:30 - 12:20pm	Intro Free/ Dance	Intro Free/ Dance	Intro Free/ Dance	Intro Free/ Dance	Intro Free/ Dance



SATURDAY FREESTYLES

Reserve your space for one of our popular Saturday morning freestyle training sessions! Subscriptions are accepted in advance for each month by calling 212.336.6100, ext. 6162. We also welcome walk-ons, space permitting. All sessions are Freestyle I/ Dance level. Each session is 50 minutes. All freestyle rules apply.

Fees: Subscription\$26/session
Walk-on\$31.50/session

Dates: January 7 - January 28 (4 weeks)
February 4 - 25 (4 weeks)
March 3 - 31 (5 weeks)

See West Rink Saturday Schedule for session times.

PRIVATE LESSONS

Private lessons in figure skating and hockey are available for both recreational and competitive skaters. To book a private lesson, please call 212.336.6100 ext. 6168. If you are looking for a competitive coach or for information on personalized training packages, please call Kenny Moir at 212.336.6100 ext. 6168 to arrange an evaluation.

FINANCIAL ASSISTANCE

Competitive Freestyles or Junior Prep skaters interested in financial aid can contact Krista Bugenhagen at 212.336.6839. If applying for a scholarship, please fill out a Junior Prep Form to reserve space.