

# Bridge Training Program

The Bridge Training Program is designed to teach skating skills at a fast pace in a group training environment and introduce the skater and family to the world of figure skating. Skaters must be at the Basic 4 level or above to participate.

Each week skaters will participate in a 50 minute on-ice circuit training program which focuses on Jumps, Spins, Edges/ Moves in the Field, Ice Dance, Artistry in Motion and Power Skating.

Skaters will also participate in a 20 minute off-ice training clinic which focuses on Stretching, Jump Technique, and skating education such as nutrition and competition preparation.

Skaters will be divided into circuit groups based not only on their test levels but also on the skating skills they are able to perform. Skaters may be moved from one group to another throughout the course. Skaters are not guaranteed to be placed in the same group as their friends. It is important that every skater is in the correct level group to maximize learning.

If you have any questions please contact the Skating School Office at (732) 627-0006 x.111 or email us at [SkatingSchool@BSAarena.com](mailto:SkatingSchool@BSAarena.com).



# Dates & Times



**Saturday**– May 12, 19, 26 June 2, 9, 16, 23

**Times:** On-Ice 9:40am-10:30am Off-Ice 10:40am-11:00am

## Skater Information:

Skater's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Coach: \_\_\_\_\_

## Skating Skill Information:

Current Basic Skills/Freestyle Level: \_\_\_\_\_

Moves in the Field Level: \_\_\_\_\_ Dance Level: \_\_\_\_\_

Listed below are skating elements. Please circle the elements that you are able to perform.

2 foot spin	1 foot spin	Scratch spin	Back spin	Sit spin	Camel spin	
Bunny hop	Waltz jump	Salchow	Toe loop	Loop jump	Flip jump	Lutz

## Payment Information: Applications Due by May 5th.

**Applications received after this day will be charged a \$25.00 late fee.**

7 Week Program - \$220.00

Method of Payment: (Please check appropriate method) Check made payable to BSA

Cash  Check  Visa  MasterCard  Am/Ex  Discover

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature of Card Holder: \_\_\_\_\_

A **NON-REFUNDABLE** fee of **\$50.00** will be charged on all refunds plus an additional charge of \$35.00/class for any classes taken . No refunds will be issued after the second lesson.

**Refund Policy**-Once a refund has been requested processing may take two-three weeks.

**There are no make-ups for missed classes.**

**IF THE DISCLAIMER IS NOT SIGNED THE SKATER WILL NOT BE ALLOWED ON THE ICE**

**DISCLAIMER**

**NAME OF PARTICIPANT (PLEASE PRINT):**

\_\_\_\_\_

I hereby give my approval for the above named applicant to participate in the Bridge Training program. I understand that there are many risks inherent in and incidental to participation in the program, and I am willing to participate (or to permit the applicant, if different than the undersigned to participate) in the Bridge Training program. I assume all risks inherent in and incidental to such participation and I hereby release, absolve, indemnify, and hold harmless DJD Amusements LLC DBA Bridgewater Sports Arena, it's partners, officers, employees, and staff, of any claim arising out of any injury to myself or to the participant, if different than the undersigned. I hereby authorize and request DJD Amusements LLC DBA Bridgewater Sports Arena it's partners, officers, employees, and staff, to act on my behalf or the participants behalf, if different than the undersigned, according to the best judgment of the DJD Amusements LLC DBA Bridgewater Sports Arena, it's partners, officers, employees, and staff under prevailing circumstances in the event of any injury, or in the event that I am unable to act for myself or act for the participant, if different from the undersigned. I also understand that from time to time pictures may be taken in which I (or participant) may appear. I authorize DJD Amusements LLC DBA Bridgewater Sports Arena to use said pictures in public displays and/or advertising..

**SIGNATURE**

\_\_\_\_\_ DATE \_\_\_\_\_

IN CASE OF EMERGENCY NOTIFY:

\_\_\_\_\_

EMERGENCY PHONE NUMBER:

\_\_\_\_\_

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Fax (732) 627-0973  
www.bsarena.com

**Bridgewater Sports Arena**

# Bridge Training Program

**May - June 2012**

An intensive circuit training program for figure skaters.

For youth skaters  
Basic 4 through Pre-Juvenile level.



**On Ice Training Includes**

Jumps  
Spins  
Ice Dance  
Edges/Moves In the Field  
Power Skating  
Artistry In Motion

**Off Ice Training Includes**

Jump Technique  
Stretching  
Nutrition  
Sports Education



**Applications are due by May 5th**