

THE SKATING ACADEMY OF NEW JERSEY



BRIDGE TRAINING PROGRAM

This affordable program specializes in various figure skating techniques via circuit training based on skill level in a group environment. This program is a great introduction for skaters to experiment with different facets of figure skating in an economical and fun way.

To participate, skaters must currently be at **Basic 4 or above**. Learn to Skate USA group lessons and/or private lessons are strongly encouraged in conjunction with this program to enhance skating skills and maximize skills that are taught.

On-ice skills include jump & spin technique, creative edges, power stroking, ice dancing, skate teasers and synchronized skating. Off-ice training includes ballet, core strength, stretching, jump and spin techniques.

BRIDGE TRAINING PROGRAM WINTER SCHEDULE (NOVEMBER 2018—JANUARY 2019)

9:30am-10:20am On-Ice

10:30am-11:15am Off-Ice

SATURDAY BRIDGE (12-weeks) \$360.00

SATURDAY, NOV. 3, 10, 17, 24; DEC. 1, 8, 15, 22, 29, 2018; JAN. 5, 12 & 26, 2019 (No Jan. 19)

Ice Dancing, Jump and Creative Edges

SUNDAY BRIDGE (12-weeks) \$370.00 (Includes Competition Fee)

SUNDAY, NOV. 4, 11, 18, 25; DEC. 2, 9, 16, 23, 30, 2018; JAN. 6, 13, 27, 2019 (No Jan. 20; Competition)

Spin, Skate Teasers and Synchronized Skating

Each session includes (4) public session passes & (1) freestyle admission; MUST be used by the end of this session.

Freestyle admission must be accompanied by an instructor (private lesson fees are not included; times are arranged directly with instructor).

Please contact the Skating School office if need assistance: 732.627.0006 Ext. 112 or jackie@RocketsSportsGroup.com

***SATURDAY & SUNDAY PARTICIPANTS WILL PERFORM IN THE ANNUAL ICE SHOW:**

THE SNOWBALL CLASSIC—DECEMBER 29, 2018

***SUNDAY PARTICIPANTS WILL BECOME SYNCRHONIZED SKATING TEAM MEMBERS**

FIRST COMPETITION: JANUARY 20, 2019

****Costumes are an additional fee.***

Please complete the following:

PRE-REGISTRATION IS REQUIRED

Name of Skater: _____ Age: _____ Date of Birth: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone Number: _____

Current Basic Skills/Freestyle Level: _____ USFS #: _____

Moves in the Field Level: _____ Dance Level: _____ Synchro Level: _____

Private Lesson Instructor(s): _____

Please circle session of interest:

SATURDAY BRIDGE (\$360.00)

SUNDAY BRIDGE (\$370.00)

BOTH DAYS (\$625.00)

If non-member of USFS Basic Skills: Fee is \$16.00 (Annual Membership)

Please note: There are no make-ups for any missed sessions.

Method of payment: Cash Check (# _____) (Payable to Rockets Sports Group)

Credit Card: VISA M/C AMEX DISCOVERY OTHER:

Card Holder's Name: _____ Credit Card Number: _____ Expiration Date: _____

(Please print)

I hereby give my approval for the above-named applicant to participate in the RSG 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 RSG Bridge Training Program. I assume all risks inherent in and incidental to such participation and I hereby release, absolve, indemnify, and hold harmless Rockets Sports Group 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 Rockets Sports Group 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 Rockets Sports Group 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 Rockets Sports Group LLC DBA Bridgewater Sports Arena to use said pictures in public displays and/or advertising.

RSG BRIDGE TRAINING PROGRAM MAINTAINS A NO REFUND POLICY, CANCELLATIONS OR MAKE-UPS.

I UNDERSTAND AND AGREE TO ALL OF THE ABOVE.

Parent/Guardian Signature: _____ Date: _____

THE SKATING ACADEMY OF NEW JERSEY



BRIDGE TRAINING PROGRAM FOR FIGURE SKATERS

Join our elite team of professionals and train in a fun-packed group session to elevate your skill level.

50-min On-Ice Session

45-min Off-Ice Session

All skaters are required to have their own skates. Please bring a yoga mat/towel, running shoes, ballet shoes and bottled water for off-ice classes.

Groups are divided accordingly by skill level. Our elite team of professionals will encourage skaters to move up based on the skills performed and based on what is best suited for the skater.

**SATURDAY & SUNDAY
PARTICIPANTS WILL
PERFORM IN OUR ANNUAL
ICE SHOW:
THE SNOWBALL CLASSIC
DECEMBER 29, 2018**

**SUNDAY PARTICIPANTS
WILL BECOME
SYNCHRONIZED SKATING
TEAM MEMBERS
FIRST COMPETITION:
JANUARY 20, 2019**

BRIDGEWATER SPORTS ARENA

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THE SKATING ACADEMY OF NEW JERSEY

**BRIDGE TRAINING
PROGRAM
FOR FIGURE SKATERS
(November 2018—January 2019)**

GROUP CLASS
CIRCUIT TRAINING
ON AND OFF-ICE CLASSES

