



Jump & Spin Class

A Class to Enhance Your Jump and Spin Technique

There is no substitute for good technique. Now days more than ever skaters are being judged on the quality of their elements. This class is designed to work on specific areas to improve your Grade of Execution (G.O.E.) Our coaches will work on the flow coming out of jumps, the precision of the rotation position, as well as jump height. Our staff will supplement your coach's instructions to give you another chance to work on your elements in a class setting.

Thursdays 5:20 – 5:50PM
The Blue Rink

Please contact Steve Moore at 860-665-7825 ext.
10 or stevemoore@newingtonarena.com

NEWINGTON ARENA 300 ALUMNI RD NEWINGTON CT 06111-1865 USA
PHONE: 860-665-7825 FAX: 860-665-7824 www.neskatingacademy.com



On-Ice Classes

Spring/Summer 2009

Skaters Name: _____ Age: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____ Cell: _____

Parents Name: _____ Email: _____

Current Skating Level: _____ Skating Goals: _____

(8-Week Cycles)

Monday -	<i>Choreography Class</i>	_____ \$70.00
Monday -	<i>Adult Class</i>	_____ \$70.00
Tuesday -	<i>Ice Dancing Class</i>	_____ \$70.00
Wednesday -	<i>FS 101 (Includes Off-Ice)</i>	_____ \$150.00
Thursday -	<i>Jump & Spin Class</i>	_____ \$70.00
Thursday -	<i>Stroking Class</i>	_____ \$70.00
Friday -	<i>IJS Class</i>	_____ \$70.00
Friday -	<i>Friday Night Performance</i>	_____ \$70.00
Saturday -	<i>Skating 101 (Includes Off-Ice)</i>	_____ \$150.00
Sunday -	<i>Skating 101 (Includes Off-Ice)</i>	_____ \$150.00
FS 101 - 2 Days a Week -	W Sa Su	_____ \$250.00
	(Please Circle Which Days)	
FS 101 - 3 Days a Week -	W Sa Su	_____ \$300.00
	(Please Circle Which Days)	
3-Class Combo		_____ \$150.00
5-Class Combo		_____ \$200.00
Book of Coupons (Available Only With 3 or 5 Class Combo)		_____ \$60.00
		_____ Total

****FS 101 Can Be Taken Without Off-Ice For the Same Price as All Off-Ice Classes**

Credit Card# _____

Signature: _____ Exp: _____

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