



FIGURE SKATING 101

The Next Step for Skaters Transitioning from Learn to Skate to Figure Skating

The New England Skating Academy (NESAs) introduces a transitional Skating Program to bridge skaters from the Learn to Skate Program to our Advanced Figure Skating Program. Skaters will learn essential skills for Figure Skating including Jumps, Spins, Footwork, Transitions, Choreography and Conditioning exercises. Additionally, skaters will be taught and trained in **Off-Ice** skills to make them stronger athletes in order to perform better on the ice.

Three different days of **Figure Skating 101** gives you the opportunity to get more versatile training due to a more comprehensive coaching plan. Each day will have a different focus, teaching you all of the necessary training tools to Take You to the Top!

Speed Up Your Progress By Taking Figure Skating 101 up to (3) Times a Week!

*Sundays 4:00 – 6:00PM–On Ice 4:20 – 5:10/Off Ice 5:15 – 5:45PM
Wednesdays 5:00–7:00PM–On Ice 5:20 – 5:50/Off Ice 6:00 – 7:00 PM
Saturdays 8:00 – 10:00AM–On Ice 8:20 – 9:00/Off Ice 9:00 – 9:50AM*

***Cost: \$150.00 for 8 Weeks – (1) Class per Week
\$250.00 for 8 Weeks- (2) Classes per Week
\$300.00 for 8 Weeks – (3) Classes per Week***

*Please Contact Steve Moore with Any Questions at...
stevemoore@newingtonarena.com
860-665-7825*

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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