

**LESSONS BEGIN ON FRIDAY, SEPT. 23 TH, 2016!**

<b><u>FRIDAY</u></b>						
<b><u>6:00- 6:30 PM</u></b>	<b><u>Pre-Alpha</u></b>	<b><u>Alpha</u></b>	<b><u>Tots</u></b>	<b><u>Gamma</u></b>	<b><u>Beta</u></b>	<b><u>Adult 1, 2 or 3</u></b>
<b><u>SATURDAY</u></b>						
<b><u>6:00- 6:30 PM</u></b>	<b><u>Pre-Alpha</u></b>	<b><u>Alpha</u></b>	<b><u>Tots</u></b>	<b><u>Gamma</u></b>	<b><u>Beta</u></b>	<b><u>Adult 1, 2 or 3</u></b>
<b><u>6:30- 7:00 PM</u></b>	<b><u>Pre-Alpha</u></b>	<b><u>Alpha</u></b>	<b><u>Tots</u></b>	<b><u>Gamma</u></b>	<b><u>Beta</u></b>	<b><u>Adult 1, 2 or 3</u></b>
<b><u>SUNDAY</u></b>						
<b><u>6:00- 6:30 PM</u></b>	<b><u>Pre-Alpha</u></b>	<b><u>Alpha</u></b>	<b><u>Tots</u></b>	<b><u>Gamma</u></b>	<b><u>Beta</u></b>	<b><u>Adult 1, 2 or 3</u></b>
<b><u>6:30- 7:00 PM</u></b>	<b><u>Pre-Alpha</u></b>	<b><u>Alpha</u></b>	<b><u>Tots</u></b>	<b><u>Gamma</u></b>	<b><u>Delta</u></b>	<b><u>Adult 1, 2 or 3</u></b>

**PRACTICE TIMES FOR SKATING SCHOOL**  
**STUDENTS CAN PRACTICE DURING ANY PUBLIC SESSION (5) TIMES AS LONG AS THEY HAVE THEIR ID CARD ON THEM. SKATE RENTAL IS INCLUDED!**

**PRICE \$70.00 FOR (5) FIVE CLASSES (ONE DAY PER WEEK)**  
**GROUP LESSONS ARE 1/2 HOUR LONG**  
**SKATE RENTAL IS INCLUDED!**  
 Make check or money order payable to:  
**Middlesex County Treasurer**

**DO NOT MAIL THIS APPLICATION TO THE RINK ADDRESS.**

**ROLLER SKATING LEVELS**

**TOTS AGES 5-6**

NEVER SKATED BEFORE OR HAS MINIMUM EXPERIENCE  
 CAN MARCH ACROSS THE FLOOR AND GET UP  
 TWO FOOT GLIDE AND FORWARD SWIZZLE  
 CAN SKATE ACROSS THE FLOOR.  
 SWIZZLES, GLIDING.

**BEGINNER- DELTA AGES 7-14**

PRE-ALPHA: CANNOT SKATE OR NEVER SKATED BEFORE . SCOOTER PUSHES TWO FOOT GLIDES. V-WALK, HEEL STOP, FORWARD & BACKWARD SWIZZLE.  
 ALPHA (A): SPIN STOP, ONE FOOT GLIDES, FORWARD STROKING, PARALLEL TURN, FORWARD CROSSOVERS (BOTH DIRECTIONS)  
 ALPHA (B): FOR STUDENTS WHO HAVE TAKEN ALPHA (A) & NEED ADDITIONAL INSTRUCTION  
 BETA: BACKWARD CROSSOVERS (BOTH DIRECTIONS), BACKWARD STROKING, TWO-FOOT MOHAWK, 33 TURN  
 GAMMA: FORWARD OUTSIDE 3-TURNS, FORWARD INSIDE MOHAWK, AND LUNGE STOP, FORWARD OUTSIDE EDGES .  
 DELTA: FORWARD INSIDE 3-TURNS, INSIDE EDGES, TWO FOOT JUMP, LUNGES, POWER STOP, SPREAD EAGLES.

**ADULTS**

ADULT 1: NEVER SKATED BEFORE  
 ADULT 2: MOVING TWO FOOT TURNS, CROSSOVERS, FORWARD EDGE ROLLS, BACKWARD 1 FOOT GLIDE  
 ADULT 3: FORWARD & BACKWARD CROSSOVERS (BOTH DIRECTIONS) AND POWER STOP

**Find us on the web:**

**<http://www.middlesexcountynj.gov/About/ParksRecreation/Pages/PR/Family-Skating-Rink.aspx>**

**PLEASE PRINT CLEARLY**

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 HOME PHONE \_\_\_\_\_  
 CELL PHONE \_\_\_\_\_  
 WORK PHONE \_\_\_\_\_  
 DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_

**PLEASE CIRCLE LEVEL DESIRED**

TOTS  
 PRE-ALPHA                      BETA  
 ALPHA    A    B                      GAMMA  
 DELTA                      ADULT    1    2    3  
 DAY DESIRED \_\_\_\_\_  
 ALTERNATE DAY \_\_\_\_\_

NAME OF CLASS \_\_\_\_\_  
 PARENT PRINT NAME \_\_\_\_\_  
 PARENT EMAIL ADDRESS \_\_\_\_\_

**PLEASE SIGN OUR WAIVER ON THE OTHER SIDE !**

**Bring your application to the rink or MAIL IN YOUR APPLICATION TO:**  
**MIDDLESEX COUNTY PARKS DEPT.**  
**ATTN: TRACIE REED**  
**P.O. BOX 661**  
**NEW BRUNSWICK, NJ 08903**  
**PLEASE CALL( 732-745-4484) IF YOU HAVE ANY QUESTIONS**