

TERRY CONNERS RINK

Spring Ice Skating Lessons

April 20 – June 10, 2017 (8 wks)

No Make Up Classes for Missed Sessions

Classes are offered on a first come – first serve basis & class size is limited

**** SIGN UP TODAY ****

Age Guide for Classes: Snowplow Sam (SS1-SS4) – 3, 4 & 5 yr. olds
Basic 1-8 – Ages 6 thru 17

Beginner Tot Class – 3 yr. olds
Adult Class – Ages 18 & up

There is No Practice Time on Thursdays at 5:20pm & No Practice Time on Saturdays at 10:20am

Thursday Classes	Lesson	Practice	Saturday Classes	Lesson	Practice
SS1, SS2, Tot Beginner Class FS2, FS3, FS4, FS5, FS6, FS7	5:20-5:45pm	5:50-6:15pm	SS1, Tot Beginner Class FS2, FS3, FS4, FS5, FS6, FS7	10:20-10:45a	10:50-11:15a
SS1, Basic 3, Basic 4 FS1, Skills Class, Moves-PP	5:50-6:15pm	6:20-6:45pm	SS1, SS2, SS3, Beginner Adult Moves-Prelim, FS 1	10:50-11:15a	11:20-11:45a
SS2, SS3, SS4, Basic 1 Moves-Prelim, Intro to Synchro	6:20-6:45pm	6:45-7:10pm	SS4, Basic 1, Basic 3 Moves-PP, Intro to Synchro	11:20-11:45a	11:45-12:10p
Basic 2, Basic 5, Basic 6 Adv. Adult, Hockey, Pre FS	6:45-7:10pm	6:20-6:45pm	Basic 2, Basic 4, Basic 5, Basic 6 Intro to Hockey, Pre FS	11:45-12:10p	11:20-11:45a

Choices for Lessons are Thursdays OR Saturdays – Lessons are 1 day a week

Class Times and Class Instructors are not guaranteed and are subject to change based on enrollment – Class descriptions and brochures are on our website and available in our Lobby

All Skaters ages 3 to 7 & All Beginners must wear a helmet & gloves or mittens

CYCLE FEE: \$128.00

SKATE RENTAL \$3.00/per week

N O R E F U N D S

Children are not to be left in the Ice Rink without their parent or guardian present. Children are allowed to get off the ice during lesson and practice times. Parents/guardians must stay inside the Rink at all times.

PARENTS ARE NOT ALLOWED ON THE ICE AT ANY TIME unless registered for a class AND SHOULD BE WATCHING FROM THE BLEACHER OR LOBBY AREAS ONLY

Registration Can Be Done By Mail, Email, In Person Or Phone:

Send to: Terry Connors Rink, 1125 Cove Road, Stamford 06902

Email: terryconnors@stamfordct.gov - Fax: (203)977-4184 or Call 203-977-4728

(Registration form online at www.tcrink.com under lesson page)



1125 Cove Road, Stamford CT 06902
(203) 977-4728 **WWW.TCRINK.COM**

SPRING 2017 Skating LESSONS

BRIDGE PROGRAM

Bridge Classes are for skaters Basic 4 and above. Bridge classes help transition skaters from basic skills into figure skating and synchronized skating. It will allow skaters to try different aspects of skating to see what they like. This is a lower cost alternative to go beyond your regular group lesson class and transition into other areas of skating as well as private lessons.

Bridge Classes Offered

INTRO TO SYNCHRO –EXHIBITION CLASS

Intro to synchronized skating is for skaters currently working on Basic 4 and above. This class will introduce skaters to synchro and to teach them the fundamentals and basic skills that will become the building blocks for future success in synchronized skating. This class is taught by the Head Coach of the Southern CT Synchronized Skating Program and can be used as a progression onto their competitive teams. Skaters will perform in the SCSC Exhibition Showcase. Skaters must sign up for 2 cycles-(Early Winter & Late Winter) to register for this class.

REQUIREMENTS: BASIC 4 & ABOVE

Offered on Thursday 6:20pm OR Saturdays 11:20am

MOVES IN THE FIELD CLASS

An introduction to moves in the field; must have passed Pre-Freestyle. Moves in the field is a technical discipline designed to improve skaters abilities in areas such as stroking, turns, and edge work. This class will teach skaters the required moves in order to go in front of USFS judges to test. This class is for skaters who are interested in continuing beyond the basics and into freestyle skating or synchronized skating. Once you have taken the class for a couple of sessions you will need to take private lessons in order to prepare for the test. The class could take skaters a year or longer to progress. ***Pre-preliminary and Preliminary Moves Only***

REQUIREMENTS: FREE SKATE 1 & ABOVE

**Thursday 6:20pm is Preliminary and 5:50pm is Pre-preliminary
Saturday 10:50am is Preliminary and 11:20am is Pre-preliminary**

SKILLS CLASS FOR PRE JUVENILE LEVEL AND UP

For any skater who has passed preliminary moves or higher. This class will focus on edges and turns needed to progress in skating.

REQUIREMENTS: Passed Preliminary Moves or Higher

Offered Thursday at 5:50pm

Additional Classes

INTRO TO HOCKEY CLASS – ages 4 – 9

For skaters interested in hockey and who have passed Basic 2. Equipment Requirements: Hockey helmet, hockey gloves, shin guards, hockey skates and hockey sticks are required.

Class times: **Thursday 6:45pm OR Saturday 11:45am**

ADULT CLASS – ages 18 and up

Our adult classes are designed for the recreational adult skater. This class is designed to promote physical fitness, improve balance and coordination while learning proper skating techniques. Adult skaters will progress at an individual rate while being challenged and motivated. We offer beginner thru advanced levels. Class times are:

Beginner Adult Class on Saturday at 10:50am

Advanced Adult Class on Thursday at 6:45pm