

# TERRY CONNERS RINK

## Winter Ice Skating Lessons

**FEB. 7 – MARCH 30, 2019 (8 wks)**

Make Up Classes Offered April 4 & April 6

**Must Sign Up Before Classes Start on Feb. 7**

**Age Guide for Classes:** Beg. Tot Class – 3 yr. olds    Snowplow Sam (SS1-SS4) – 4 & 5 yr. olds    Basic 1-8 – Ages 6 - 16

Thursday Classes	Lesson	Practice	Saturday Classes	Lesson	Practice
FS2, FS3, FS4, FS5, FS6 Adv. FS Clinic	5:20-5:45p	Practice Time for Thursday Classes is 6:15 to 7:10pm	Tot Beg. Class, FS1, FS2, FS3 FS4, FS5, FS6, Adv. FS Clinic	10:30-10:55a	Practice Time for Saturday Classes is 11:25am to 12:20pm
Tot Class, SS1, SS2, FS1 Skills Class, Moves-Prelim	5:50-6:15p		SS1, SS2, SS3 Moves-Prelim, Moves-PP	11:00-11:25a	
SS3, SS4, Basic 1, Basic 3 Moves-PP, Intro to Synchro	6:20-6:45p		SS4, Basic 1, Basic 3 Intro to Synchro	11:30-11:55a	
Basic 2, Basic 4, Basic 5 Basic 6 Intro to Hockey, Pre FS	6:45-7:10p		Basic 2, Basic 4, Basic 5, Basic 6 Intro to Hockey, Pre FS	11:55-12:20p	

Saturday Freestyle Skaters may Practice at 11:00am

**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: \$136.00                      SKATE RENTAL \$3.00/per week**

**(Learn to Skate Membership is additional \$17.25 for new skaters)**

**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 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: [terryconners@stamfordct.gov](mailto:terryconners@stamfordct.gov) - Fax: (203)977-4184 or Call 203-977-4728

(Registration form online at [www.tcrink.com](http://www.tcrink.com) under lesson page)



**1125 Cove Road, Stamford CT 06902**  
**(203) 977-4728                      [WWW.TCRINK.COM](http://WWW.TCRINK.COM)**

# WINTER 2019 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.

**REQUIREMENTS: BASIC 4 & ABOVE**

**Offered on Thursday 6:20pm OR Saturdays 11:30am**

#### **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 skates a year or longer to progress. ***Pre-preliminary and Preliminary Moves Only***

**REQUIREMENTS: FREE SKATE 1 & ABOVE**

**Thursday 5:50pm is Preliminary and 6:20pm is Pre-preliminary  
Saturday 11:00am is Preliminary and 11:00am 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**

#### **ADVANCED FREESTYLE CLINIC**

For any skater who has passed Freestyle 6 or higher and wish to continue working on higher freestyle skills. Skaters will work on a variety of jumps, spins, and moves.

**REQUIREMENTS: Passed Freestyle 6**

**Offered Thursday 5:20pm OR Saturdays 10:30am**

## HOCKEY CLASS

#### **INTRO TO HOCKEY CLASS – ages 4 – 9**

For skaters interested in hockey and who have passed Basic 2. Full Equipment Required:

Class times: **Thursday 6:45pm OR Saturday 11:55am**