

Old Bridge Township

Recreation

Brochure

Fall 2023



Old Bridge Recreation

1 Old Bridge Plaza, Old Bridge NJ 08879

Call us: 732-721-5600 ext 4999

www.oldbridge.com/recreation

**Fall Begins
October 9th**

Recreation Department

Information

Matthew Mercurio, Director of Parks, Recreation & Social Services

Phone (732)-721-5600 ext 7913

Email: Mmercurio@oldbridge.com

Lisa Valseira, Deputy Director of Parks & Recreation

Phone (732)-721-5600 ext 4010

Email: lvalsera@oldbridge.com

Brianne McManus, Program Supervisor

Phone (732)721-5600 ext 4020

Email: Bmcmamus@oldbridge.com

R.O.B.I.N Coordinator

Phone (732) 721-5600 ext 4999

Rosemarie Rivoli, Municipal Alliance Coordinator

Phone (732)721-5600 ext 4022

Email: rrivoli@oldbridge.com

~ IMPORTANT INFORMATION ~

Registration deadline for programs is one week prior to the start of the program.

The Recreation Department reserves the right to cancel a class for which there is insufficient registration or for any other reason that prevents the presentation of the subject in an acceptable manner.

Residents & Ice Skating Registration will be September 12th 6pm.

Non-Resident will be September 19th 6pm.

The Parks & Recreation Department maintains a **NO-REFUND** policy (exceptions will be made for medical reasons, in which case a doctor's note must accompany a written request).

Notes Regarding Programs

- All Programs will be held in the Civic Center unless otherwise noted
- All special needs programs will be held in the R.O.B.I.N. building at Geick Park off of Route 516, unless otherwise noted.
- All fees are used to offset the cost of the programs.
- All fees are listed next to the program for which they are intended and are payable at the time of registration.
- For room locations please see the building supervisor or the Recreation Department.
- The Civic Center will be closed on 11/10, 11/23, 11/24, 12/25
- All unscheduled closings due to inclement weather will be announced on www.oldbridge.com or the virtual recreation facebook page.
- For information regarding programs or department activities, please contact the Parks and Recreation Department at 721-5600 ext. 4999.
- New program ideas are always welcomed. Please contact the Recreation Department with any thoughts.

Department of Parks, Recreation and Social Services Policies

- Individuals who qualify as Old Bridge Residents are those who reside in Old Bridge Township. All other individuals are considered non-residents and must follow non-resident registration dates.
- Old Bridge residents are given registration priority for all programs listed in this brochure with the exception of tennis & ice arena programs. Non-residents may register on a space available basis.
- The Parks and Recreation department maintains a no refund policy. The only exception to this is for a medical reason and must be accompanied by a doctors note.
- All age requirements should be met by the first day of class, except where otherwise noted. Registrations which do not meet age requirements by the first day of class will not be accepted. Exceptions may be made however and will be determined on a case by base basis.
- The Recreation Department reserves the right to cancel any program due to low registration numbers. In the event of this happening, the participants will be notified and offered the option of enrolling in another available class or receiving a refund.
- No unregistered persons are allowed in the classroom while programs are running. This includes, but is not limited to, children of adult participants and siblings.
- Only individuals classified by a child study team are eligible for participation in R.O.B.I.N. programs.
- On-line registration is available for participants of our recreation programs, please take advantage of this opportunity as openings in classes fill quickly.

REGISTRATION INFORMATION

WWW.OLDBRIDGEREC.RECDESK.COM

It is necessary for New Camp Robin participants must sign up for an Intake and be accepted to the program before registering.

On-Line Registration will begin on September 12, 2023 at 6:00 pm

All classes are held at the Old Bridge Civic Center unless otherwise noted.

There will be NO In-Person Registrations

Important Dates to Remember:

On-Line Registration begins with September 12, 6:00 pm

Both resident and non-residents can begin registration for Ice Skating & Pickleball Lessons beginning September 12, 6:00 pm.

NON-RESIDENT REGISTRATION: Non-residents may register for the township recreation programs beginning Wednesday, September 19, 2023.

WAIT LIST INFORMATION: You are able to register for a waitlist, at no charge, if your class of choice is full.

Please look at individual Class sections for start dates.

Go to: oldbridgerec.recdesk.com



2 Insert Parents Information:

Create Account

Name * MI Last Name

Primary Phone *

Primary Email Address *

example@example.com

Once completed click continue.. [Continue >](#)

Already have an account? [Log In](#)

3 Insert all your families general information. Then click Continue

Create Account

General Information

Name * MI User

Head of Household (** This Member is included on email notifications to other Family Members)

Date of Birth *

Gender *

Address

Address Line One *

Address Line Two

City *

State/Province *

Zip/Postal Code *

Email Address

Email Address *

Confirm Email Address *

Alt Email Address #1

Alt Email Address #2

Phone Numbers and Mobile Notifications

Primary Phone *

Work Phone

Mobile Phone

Opt In Text Alerts

Emergency Contact

Name #1

Mobile Phone

Name #2

Mobile Phone

Member Note (General Notes, Disabilities, Food Allergies, etc)

Note

Login ID & Password

User Name *

Password *

4 Adding your children: Click This button:

User Household
1 members

See Household Calendar

View Invoices

Forms

[Add Household Member](#)

Household Credit
\$0.00

Balance Due
\$0.00

Household Reports

Test User
1/1/1990

Test User
example@email.com
(732) 721-5600

Profile History Calendar Edit

General Information

Name Test User (ID: 415) (testuser)

Date of Birth 1/1/1990 (31 years)

Gender Female

Head of Household Yes

Address [Resident](#)

Address Line One 1 old bridge plaza

Address Line Two -

City Old Bridge

State NJ

Zip/Postal Code 08857

Email Address

Email Address example@email.com

Alt. Email Address #1 -

Alt. Email Address #2 -

Phone Numbers and Mobile Notifications

Primary Phone (732) 721-5600

Work Phone -

Mobile Phone -

5 Add Children's information, click save and repeat steps 4 & 5 until family is complete.

Add Household Member

General Information

Name * First Name MI User

Head of Household (** This Member is included on email notifications to other Family Members)

Date of Birth *

Gender *

Address

Address Line One *

Address Line Two

City *

State/Province *

Zip/Postal Code *

Email Address

Email Address *

Confirm Email Address *

Alt Email Address #1

Alt Email Address #2

Phone Numbers and Mobile Notifications

Youth Sports Leagues

If you would like to obtain information regarding any particular sports league, please feel free to use the numbers listed below. The contact name will be able to provide you with any information regarding the league, i.e. registration dates, fees, age

Youth Baseball/Softball Leagues

Cheesequake Baseball/ Softball Assn.	President John Avitto	cheesequakebaseball@yahoo.com
Old Bridge Girls Softball	President Steve McCauley	oldbridgegsl@gmail.com
Old Bridge Little League	President Brian Howley	obllpresident55@gmail.com
Sayrewood South Little League	President Brian Burns	732-421-0329

Youth Basketball Leagues

Old Bridge Basketball Assn.	President Bryan Linkletter	oldbridgebasketball@gmail.com
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Youth Football Leagues

SWS Rebels	President Chino Muniz	swsrebels@gmail.com
Old Bridge Cougars	President Ken Silvestri	732-598-5427

Youth Ice Hockey

Old Bridge Junior Knights	Mark Schroeder Coordinator	info@oldbridgejuniorknights.com
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Youth Soccer Leagues

Old Bridge Soccer Club	President Artie Zanfini	register@oldbridgesc.com
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Youth Lacrosse

Old Bridge Lacrosse	Erik Ritz, Coordinator	oldbridgelacrosse@gmail.com
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Wrestling

Old Bridge Mat Rat Wrestling	Justin Kitchen	obmatrats@gmail.com
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Owen Henry, Mayor
Himanshu Shah, Business Administrator

Old Bridge Township Council

Council President, Mary Sohor At-Large
Council Vice President, Debbie Walker At-Large
At-Large, Anita Greenberg-Belli
Ward 1, Kevin Garcia
Ward 2, Erik DePalma
Ward 3, Kiran Desai
Ward 4, Jill DeCaro
Ward 5, Anthony Paskitti
Ward 6: John Murphy

Recreation Advisory Committee

Laura Baez Alberti
Nick Botte
Craig Brown
Brian Burns
Richard Colavito
Sam Ferraro
Vincent Forrester

Nanette Gallagher
Denis Kilduff
Laura Lovallo
John Metzger
Luanne Raymond
Frank Santoro
Tony Tannucilli



**OLD BRIDGE
DAY**



OLD BRIDGE MUNICIPAL COMPLEX

PARK AND WALK FROM CARL SANDBURG
PARK AND RIDE FROM OBHS

VENDORS , FOOD & FUN
CHILDREN'S AMUSEMENTS SPONSORED
BY CALVARY CHAPEL
LIVE ENTERTAINMENT 1-5PM

**SATURDAY
SEPTEMBER 23RD**

More Information:
Call 732-721-5600 ext 4999

START AT

12PM
THROUGH
5 PM

www.oldbridge.com/recreation



HALLOWEEN Spooktakular

FUN - GAMES - DJ- FACE PAINTING

Saturday October 28 11am-2pm
Old Bridge Municipal Complex

www.oldbridge.com/recreation

LETTERS TO SANTA

NOVEMBER 24TH - DECEMBER 8TH

Drop your letters to Santa Clause in
Santa's mailbox located at:

One Old Bridge Plaza
Old Bridge NJ 08857

LETTERS SHOULD INCLUDE THE
CHILD'S NAME AND RETURN
MAILING ADDRESS WRITTEN
LEGIBLY

Letters dropped by December 8th will
receive a personalized letter back from
Santa himself



OLD BRIDGE PARKS & RECREATION

Holiday Celebration

DECEMBER 5TH 4:30-6:30PM

**ALL ACTIVITIES LOCATED AT THE
CIVIC CENTER
1 OLD BRIDGE PLAZA**

**CAROLING-ACTIVITIES-HOT COCOA
PICTURES WITH SANTA**

**ENTRY FEE IS FREE - FOR MORE INFORMATION:
WWW.OLDBRIDGE.COM/RECREATION**



Children's Dance Program

Fee: \$170.00 Residents, \$195.00 Non-Residents

All dance classes will begin the week of October 9th and continue through mid-April. The recital date will be April 27th with dress rehearsal on April 26th. The cost for the program includes a dance costume.

Classes will be held in the civic center dance studio.

No Classes on: 10/31, 11/7, 11/9, 11/10, 11/23, 11/24, 12/25-1/1, 1/15, 1/19, 2/12

Mondays:

	Times	Instructor
Ballet/Tap Age 3&4	4:00 pm - 4:45 pm	Miss Kim
Jazz/Tap Age 5&6	5:00pm - 5:45pm	Miss Kim
Lyrical Ballet 9+	6:00pm - 7:00pm	Miss Kim

Tuesdays:

Ballet/Tap Age 5&6	4:00pm - 4:45pm	Miss Kim
Jazz Age 9-11	5:00pm - 6:00pm	Miss Kim
Jazz Ages 11+	6:15pm - 7:15pm	Miss Kim

Wednesday:

Acro Age 3-5	4:00pm - 4:45 pm	Miss Kim
Ballet/Tap Age 5&6	5:00pm - 5:45pm	Miss Kim
Ballet/ Jazz 7&8	6:00pm - 7:00pm	Miss Kim

Thursdays:

Ballet/Tap 3&4	4:00pm-4:45pm	Miss Kim
Jazz/Tap 5&6	5:00pm - 5:45pm	Miss Kim
Lyrical Ballet Ages 7&8	6:00pm - 7:00pm	Miss Kim

Saturdays:

Ballet/Tap 3&4	9:00am-9:45am	Miss Kim
Jazz/Ballet 5&6	10:00am-10:45am	Miss Kim
Acro 6-8	11:00am-12:00pm	Miss Kim

This year we are introducing Acro class. This is a combination of dance and gymnastics. The children will learn the basics of tumbling, and will perform an acro number in our recital.

Children's Programs

LEGO® Robotics and Coding - Space Odyssey:

Fee: \$160 Resident, \$170 Non-Residents

NO PROGRAM 11/9, 11/23

Thursday, October 12th - November 30th

Ages 6-8 4:30pm-5:30pm

This engaging and hands-on program delves into the world of STEM using LEGO® Spike Essential Education Robotics Construction Sets. Students will have a blast constructing space-themed structures, such as lunar rovers, and coding them to navigate obstacles. Each week, they will embark on a new space exploration project, allowing them to develop problem-solving skills and collaborate as they work with their partner. Through building, coding and testing LEGO prototypes, students will gain confidence, understanding and an appreciation for the wonders of space

Instructors: Built by Me

Location: Civic Center

Class size: Min 4 Max 8

Robotics and Coding with mBot Robot :

Fee: \$160 Resident, \$170 Non-Residents

NO PROGRAM 11/9, 11/23

Thursday, October 12th - November 30th

Ages 9-11 5:45pm-6:45pm

If your child is excited about robots and coding this is the perfect class for them. Young engineers will discover the basics of coding and robotics as they learn how to program the mBot robot to complete a variety of tasks. This fun and interactive program will have them track (and probably chase) their mBots to go through a maze and to sing, while building and expanding their coding skills. Along the way, they'll develop their troubleshooting and problem solving skills, as well.

Instructors: Built by Me

Location: Civic Center

Class size: Min 4 Max 8

Children's Programs

Sweet Sensations

Fees: Residents \$40.00 Non-Residents:\$50.00

NO PROGRAM 11/8

Wednesday, October 11th - December 6th Baking Age 8-13 4:00-5:00pm

Wednesday, October 11th - December 6th Decorating Age 8-13 5:00-6:00pm

Take your first steps into the cake baking and decorating world. This class will be an introduction to cake and cupcake decorating for our little ones. We will learn basic decorating and design skills. This is a brand new class for Old Bridge Township!! This class is designed for children ages 8 & up

Instructor: Linda Fox

Location: Camp Robin

Class size:10

Kids Crafts

Fees: Residents \$40.00 Non-Residents:\$50.00

NO PROGRAM 10/31, 11/7

Tuesday, October 10th - December 12th Age 4+ 4:00-5:00pm

In this craft class, your child will be painting, coloring, gluing, cutting and using their imagination to create wonderful summer projects. A basic arts and crafts class for those who love to be creative!

Instructor: Linda Fox

Location: Civic Center

Class size:10

Children's Programs

Children's Ceramics Fee: \$50.00 Res., \$60.00 Non-Residents

NO PROGRAM 11/10,11/24

Friday October 13th– December 15th *Age 7& up* *4:15pm-5:15pm*

Friday October 13th– December 15th *Age 7 & up* *5:30pm-6:30pm*

Choose your pieces from the variety in our collection. Price includes small pieces, glazes and firing of product. Additional larger pieces available for purchase. This class will be held in the Civic Center Ceramic room.

Instructors: Nev Morrabal **Location:** Civic Center **Class size:12**

Children's Programs

Monday Paint Night

Fees: Residents \$60.00 Non-Residents:\$70.00

NO PROGRAM 11/6

Monday, October 9th - December 4th *Age 7+* *4:15-5:15pm*

Does your child enjoy doing canvas paintings? This class is a spin off from our artistic beginnings class but will be all canvas painting. The children will explore the world through a different painting each week! By the end of the class they will each have 8 works of art to display throughout the house! All supplies will be provided to your child for this class. No painting experience required.

Instructor: Nev Morrabal

Location: Civic Center

Class size:12

Monday Mixed Media

Fees: Residents \$60.00 Non-Residents:\$70.00

NO PROGRAM 11/6

Monday, October 9th - December 4th *Age 7+* *5:30-6:30pm*

Let your child explore their creative side through our intro to art class! During this 8 week session your child will be introduced to the basics of art. The students will be learning the basic art vocabulary, and encouraged to acquire new skills through this activity-based studio art class. Children will be introduced to clay, paper Mache, drawing, painting, and so much more! Children will be given the opportunity to explore, create, and achieve wonderful skills during this program.

From this class your child will be bringing home 3-4 projects to keep on display for the whole family to see!!

All required materials included in the course price.

Instructor: Nev Morrabal

Location: Civic Center

Class size:12

Children's Programs

Intro to Karate : Fees: 6 weeks \$60.00 8 weeks:\$80.00

<i>Mondays Starting October 9th</i>	<i>Age 6+</i>	<i>5:00-5:45pm</i>
<i>Tuesdays Starting October 10th</i>	<i>Age 6+</i>	<i>5:00-5:45pm</i>
<i>Wednesdays Starting October 11th</i>	<i>Age 6+</i>	<i>5:45-6:30pm</i>
<i>Thursday Starting October 12th</i>	<i>Age 6+</i>	<i>5:45-6:30pm</i>

In our Intro to Karate class, participants learn more than blocks, strikes, and kicks. The nature of martial arts training gives you the confidence and self discipline to succeed. Classes are specifically designed to help students learn what it means to respect themselves and others. Increased confidence and courage, result in the ability to avoid conflict and solve problems non-violently. Uniforms can be purchased through us for \$50, but are not necessary.

Instructor: Mountain Martial Arts

Location: Mountain Martial Arts

Mini Ninjas: Fees: 6 weeks \$60.00 8 weeks:\$80.00

<i>Mondays Starting October 9th</i>	<i>Age 3-5</i>	<i>4:30-5:00pm</i>
<i>Tuesdays Starting October 10th</i>	<i>Age 3-5</i>	<i>4:30-5:00pm</i>
<i>Wednesdays Starting October 11th</i>	<i>Age 3-5</i>	<i>4:30-5:00pm</i>
<i>Thursday Starting October 12th</i>	<i>Age 3-5</i>	<i>4:30-5:00pm</i>

This fun and meaningful class is specifically designed to help your Preschooler develop important social and physical skills such as active listening, following directions, sharing and taking turns, increased ability to focus, respect, inner discipline, confidence, balance, coordination and self control. Uniforms can be purchased through us for \$50, but are not necessary.

Instructor: Mountain Martial Arts

Location: Mountain Martial Arts

Teen Karate: Fees: 6 weeks \$60.00 8 weeks:\$80.00

<i>Tuesdays Starting October 10th</i>	<i>Age 13+</i>	<i>7:15-8:00pm</i>
<i>Wednesdays Starting October 11th</i>	<i>Age 13+</i>	<i>7:15-8:00pm</i>

In this class Teens will learn the building blocks of Karate and how to employ them for self defense. Learning self defense now will prepare students with a keen sense of awareness and skills needed to protect themselves in various situations, especially when they are away at College. Uniforms can be purchased through us for \$50, but are not necessary.

Instructor: Mountain Martial Arts

Location: Mountain Martial Arts

All classes are located 248 Texas Road, Old Bridge NJ

Children's Programs

Little Kids Sew: Fee: \$125

Saturdays October 14– November 18th

Age 5-7

2:00-3:00pm

Want to grow your child fine motor skills through the basics of sewing and embroidery. This class will be an intro to sewing and the basic through making small items.

Instructor: Melissa Quijano

Location: Busy Bee Sewing Studio

Class size:10

Kids Sew: Fee: \$155

Saturdays October 14– November 18th

Age 8-12

3:00-4:30pm

Never learned to sew? Want your child to start now? Learn the basics of sewing through making plushies and maybe even some clothes. Learn the basics of a machine sew as well as hand sewing.

Instructor: Melissa Quijano

Location: Busy Bee Sewing Studio

Class size:10

Fashion Design: Fee: \$155

Wednesdays October 11th– November 15th

Age 10+

6:15-7:45pm

Does your child like to sketch and sew. Come learn the basics of fashion drawing and sewing. Complete the class by making a design of your own creation.

Instructor: Melissa Quijano

Location: Busy Bee Sewing Studio

Class size:10

Fashion Illustration: Fee: \$135

Tuesdays October 10th– November 14th

Age 10+

4:00-5:00pm

Does your child like to sketch. Come learn the basics of fashion drawing. Create drawings in water color, pastels and even nail polish!

Instructor: Melissa Quijano

Location: Busy Bee Sewing Studio

Class size:10

All classes are located at Busy Bee Sewing studio

51 W Prospect St Suite 104, East Brunswick, NJ 08816

Children's Sports Leagues

OB Mat Rats Wrestling: Fee: \$103.00 Res., \$180.00 Non-Residents

In- Person Registration ONLY Parent meeting TBA. Online portal for interest emails ONLY!

Tentative start date for practice is 11/8 and continues through mid-March.

Grades 1 ~ 8. Singlets will be distributed before meets start.

Coach: Justin Kitchen

Email: obmatrats@gmail.com

Youth Instructional Hockey

In Person registration ONLY please email info@oldbridgejuniorknights.com for more

information. Learn all the fundamentals of playing ice hockey while having fun. Emphasis will be placed on skating, stick handling, passing and shooting. Full equipment is required.

Note: please have new skates sharpened prior to the start of the program. Straight blade sticks preferred. **Ages 5 - 13 years old**

Coordinator: Mark Schroeder

Email: info@oldbridgejuniorknights.com

Old Bridge Basketball Association

The Old Bridge Basketball Association is Old Bridge Township's Largest, Longest Running, and Most Successful Youth Training Program. We offer a Recreation Basketball Program, an extremely competitive and successful Travel Program, and outstanding Camps and Clinics for the children of Old Bridge. Old Bridge Basketball Association will be conducting registration on their website <https://oldbridgebasketball.com/home>. Information requests can be forwarded to the coordinator listed below.

Coordinator: Bryan Linkletter

email: OldBridgeBasketball@gmail.com

Adult Programs

Cardio-Kickboxing & Yoga: Fee: \$31.00 Residents, \$41.00 Non-Residents
(Monthly)

Mondays and Wednesdays

7:30-9:00 pm

Looking for an intense cardio workout? Join our certified staff for this great workout. The first part of class will be a cardio-kickboxing class that will definitely get your blood pumping. The second half of class will consist of a yoga cool-down and relaxation. Class held at the camp ROBIN building. Registration for the following month's classes will begin the last week of the preceding month.

Instructors: Sumari Fitness

Location: Camp Robin

Adult Programs

Basketball Open Gym: Fee: \$30.00 Res. ONLY Ages 18 & Up
Day/Time: *Tuesdays, October 10th– March 26th* 6:45 - 9:45 pm

Come play a pickup game of basketball or create a league with the people who join. Open gym to get out and have fun with other adults of old bridge.

This program only runs on days that OBPS are in session

Location: Grade 9 Center Gym.

You Must Register for this program on-line!

Volleyball Open Gym: Fee: \$30.00 Res. ONLY Ages 18 & Up
Day/Time: *Thursdays, October 12th- March 28th* 6:45 - 9:45 pm

Open gym for pick up games of volleyball. No commitment, come when you are free or just want a little extra exercise.

This program only runs on days that OBPS are in session

Location: Grade 9 Center Gym.

You Must Register for this program on-line!

Ceramics: Fee: \$50.00 Residents \$60.00 Non residents Ages 18 & Up
Friday, October 13th- December 15th 7:00pm-9:30pm

Choose your pieces from the variety in our collection. Holiday Pieces will be available! Price includes pieces, glazes and firing of the product. Drop ins welcome for smaller pieces!! \$20 per drop in session

Location: Civic Center

PickleBall Lessons

Fees: Residents Adult \$77.00

Non-Residents: Adult \$87.00

Location: Municipal Courts

Adult Beginner

6:00pm - 7:15 pm Tuesday, 10/10– 10/31

6:00pm - 7:15 pm Thursday, 10/12 - 11/2

9:00am - 10:15 am Saturday, 10/14-11/4

Adult Advanced Beginner

7:15pm - 8:30pm Wednesday, 10/11 - 11/1

7:15pm - 8:30 pm Thursday, 10/12 - 11/2

Adult Intermediate

7:15pm - 8:30pm Tuesday, 10/10– 10/31

6:00pm - 7:15 pm Wednesday, 10/11 - 11/1

10:15am - 11:30 am Saturday, 10/14-11/4





ROBIN PROGRAMS

To qualify for these programs your child must be classified by the child study team.

Registration Process:

Before being able to participate in these programs you must submit a copy of your child's IEP to recreation@oldbridge.com.

Children & Teens

Young Athletes and Me: Fee \$46.00 Residents, \$82.00 Non-Residents

Day/Date/Time: Monday, October 9th – December 11th

4:30pm-5:15 pm

Class Size:15

Ages 3-5

This class is designed for parents and children who are not active in organized sports to interact with other young children with disabilities and to get out and get active. This class will help these kids get into social settings, and make new friends. Skills will incorporate sharing, being active and being involved. This is a parent child class.

No Program: 11/6

Location: Camp Robin

Coach: Jamie Lynn Little, Karen Lewicki

Young Athletes: Fee \$46.00 Residents, \$82.00 Non-Residents

Day/Date/Time: Monday, October 9th – December 11th

5:30pm-6:30 pm

Class Size:15

Ages 6– 10

This class is designed to introduce all sports to children with disabilities. Participants will learn the proper playing techniques in this instructional program. Emphasis shall be placed on promoting good sportsmanship, sharing and cooperative play

No Program: 11/6

Location: Camp Robin Building

Coach: Jamie Lynn Little, Karen Lewicki



ROBIN PROGRAMS

To qualify for these programs your child must be classified by the child study team.

Registration Process:

Before being able to participate in these programs you must submit a copy of your child's IEP to recreation@oldbridge.com.

Children & Teens

Basketball: Fee \$46.00 Residents, \$82.00 Non-Residents

Day/Date/Time: Wednesday, October 11th – December 13th

6:00 - 8:00 pm

Class Size:15

Ages 12– 18

This class is designed to introduce the sport of basketball to those with disabilities. Participants will learn the proper playing techniques in this instructional program. Emphasis shall be placed on promoting good sportsmanship.

No Program: 11/92 11/22

Location: Carl Sandburg Middle School Gym

Coach: Daniel Antoniazzi, Kimberly Boland

Therapeutic Ice Program: T.I.P. Fee: \$46.00 Residents, \$82.00 Non – Residents

Day/Date/Time: Saturday, October 14th – January 27th

8:30 – 9:30 am

Class Size: 20

Ages: 12+

Therapeutic Ice Program will train athletes for Special Olympics ice skating competition.

No Program: 11/11,11/25,12/23,12/30

Location: John Piccolo Ice Arena



ROBIN PROGRAMS

To qualify for these programs your child must be classified by the child study team.

Registration Process:

Before being able to participate in these programs you must submit a copy of your child's IEP to recreation@oldbridge.com.

Children & Teens

Teen Friday Night Program: Fee: \$87.00 Residents, \$155.00 Non- Residents

Day/Date/Time: Friday, October 13th-December 15th

6:30 - 9:30 pm

Class Size: 20

Ages: 13 - 20

The emphasis will be placed on providing recreational opportunities for social growth and peer interaction. Program includes: Movie Night, Game Night, Sports Night, Dances and other recreational activities. There is an additional fee for trips.

No Program: 11/10, 11/24

Supervisor: Jamie Lynn Little

Young Adult Friday Night Fun: Fee: \$87.00 Residents, \$155.00 Non-Residents

Day/Date/Time: Friday, October 13th-December 15th

No Program: 11/10, 11/24

6:30 - 9:30 pm

Class Size: 20

Ages: 21-30

Get out and get involved! This program will be a mix of life skills, social interaction and of course so much fun! This program will allow the participants to interact with their peers and other partners within the community.

Additional fees for trips.

Supervisor: Jenna D'Iorio



ROBIN PROGRAMS

To qualify for these programs your child must be classified by the child study team.

Registration Process:

Before being able to participate in these programs you must submit a copy of your child's IEP to recreation@oldbridge.com.

Adults

Basketball: Fee \$46.00 Residents, \$82.00 Non-Residents No Program: 11/8, 11/22

Wednesday, October 11th – December 13th

6:00 - 8:00 pm

Class Size: 25

Ages 18+

Location: Carl Sandburg Middle School Gym

This class is designed to introduce the sport of basketball to those with disabilities.

Participants will learn the proper playing techniques in this instructional program. Emphasis shall be placed on promoting good sportsmanship.

Coach: Daniel Antoniazzi, Kimberly Boland

Adult Friday Night Fun: Fee: \$115.00 Residents, \$165.00 Non-Residents

No Program: 11/11, 11/25

Friday, October 13th-December 15th

7:00 - 11:00 pm

Class Size: 50

Ages: 31+

Spend your Friday night with us! Friday Night Fun is a recreational, social program for people with disabilities. This program will allow individuals to interact with their peers on a social setting. Activities Include the following: Game Night, Movie Night, live entertainment, special trips and other exciting activities as they arise. Please note there is an additional fee for trips.

Supervisor:

Zumba Program: Fee: \$46.00 Residents, \$82.00 Non-Residents

Monday, October 9th – December 4th

6:30 – 7:30 pm

Class Size: 10 Ages 18+

Location: Camp ROBIN

The program introduces traditional yoga poses, breathing exercises and relaxation techniques to improve your overall health, flexibility and function of both body and mind.

Instructor: Susan Maturo & Marie Ryan



ROBIN PROGRAMS

To qualify for these programs your child must be classified by the child study team.

Registration Process:

Before being able to participate in these programs you must submit a copy of your child's IEP to recreation@oldbridge.com.

Adults

Theatre Adapted for Different Abilities: Fee: \$51.00, Residents \$92.00 Non-Residents

No Program: 11/7

Tuesday, October 10th - December 5th 6:00 - 8:00 pm

Class Size 15 Ages: 13+ **Location:** Camp ROBIN

The program provides a supportive environment to explore all aspects of theatre over the course of their involvement from singing and choreography to music and costumes. | Participation in the performing arts has therapeutic value by enhancing social interaction, communication skills, self-confidence, and self-esteem.

Participants enrolled in October will be part of our annual production in June which allows our actors to show off their skills that we worked on from October through May.

Registration will be required for both the Fall and Spring Session for those interested in participating in the theatre program.

New participants will be accepted into the program on a trial-basis.

Instructor: Debbie Goncalves

R.O.B.I.N. Chorale Program: Fee: \$36.00, Residents, \$72.00 Non-Residents

No Program: 11/9, 11/23

Thursday, October 12th– December 14th 6:00-7:00 pm

Class Size 15 Ages: 12+ **Location:** Camp ROBIN

Does your child like to sing? Do you find your child singing around the house all day? Well if you answered yes to any of these questions, send your child to the Camp Robin Chorale!

This year we bring to you a program that will have your child singing, learning about music, and even performing a concert! The children will be singing music in all styles from Classical, to Broadway Tunes, to your favorite Old Time Classics. Let's sing!!

Instructor: Chris Hilfman

OLD BRIDGE JOHN PICCOLO ICE ARENA

Old Bridge Parks, Recreation & Social Services
 (732) 607-7971 — Public Announcement Recording
 (732) 607-7970 — Cashiers Booth
 (Only Available During Public Sessions)

2023-2024 ICE SKATING PUBLIC SKATING SESSIONS

★ Sunday:	1:30pm - 4:00pm	Public Session	
Monday:	12:30pm - 3:00pm <i>(Old Bridge School Holidays Only)</i>	Public Session	★
	4:00pm - 6:00pm	Public Session	
Thursday:	3:00pm - 5:30pm	Public Session	
Friday:	3:00pm - 4:30pm 8:30pm - 10:30pm 10:45pm - 11:45pm	Public Session Public Session Adult Open Hockey	
Saturday:	10:00am - 1:00pm 8:30pm - 10:30pm <i>(Ages 13 - 17)</i> 10:45pm - 11:45pm	Public Session Public Session Teen Open Hockey	★

All Hours Subject to Change

ADMISSION:

	Resident	Non- Resident
Adult (18 & Over):	\$8.00	\$11.00
Student (14-17):	\$7.00	\$ 9.00
Child (13 & Under):	\$6.00	\$ 7.00

Skate Rental: \$8.00



Fall Ice Skating Lessons

ICE LESSON FEES:

\$125 Residents/\$150 Non-residents

US Figure Skating Membership is required for all classes at an annual cost of \$17.00. This can be purchased on-line through the Old Bridge Parks and Recreation web site.

A one time 15 minute starter lesson is required for anyone who has not skated in our programs before. The cost is \$15.00.

Admission fee and skate rental not included.

(All starter lessons must be accompanied by a group lesson)

Please go to the starter lesson section to register for one of the following days:

Monday October 2nd: from 4:00 pm to 6:00pm &

Thursday October 5th: 4:00pm-5:30pm

If you have any questions or need assistance please email recreation@oldbridge.com or call 732-721-5600 x 4999

**Registration Begins:
September 12th 6pm**

Fall Ice Skating Lessons

MONDAY

October 9th ~ November 27th

TIME	DESCRIPTION
4:30 pm	Basic 1 & 2 (Ages 7-10)
4:30 pm	Snow Plow Sam 1&2 (Ages 4)
4:30 pm	Basic 3 (All ages)
5:00 pm	Pre-Free Skate (All ages)
5:00 pm	Basic 5 (All Ages)
5:00 pm	Basic 1 & 2 (Ages 9 and up)
5:30 pm	Snow Plow Sam 1&2 (Ages 4)
5:30 pm	Basic 4 (All ages)
5:30 pm	Basic 6 (All Ages)

FRIDAY

October 13th ~ December 15th

TIME	DESCRIPTION
4:30 pm	Free Skate 1 & 2 (All ages)
4:30 pm	Free Skate 3 & 4 (All ages)
4:30 pm	Free Skate 5 (All ages)
4:30pm	Free Skate 6 (All ages)

No Class 11/10, 11/24

THURSDAY

October 12th ~ December 7th

TIME	DESCRIPTION
4:30 pm	Snow Plow Sam 1&2 (Ages 4)
4:30 pm	Basic 1 & 2 (Ages 7 -10)
4:30 pm	Basic 3 (All ages)
5:00 pm	Snow Plow Sam 4
5:00 pm	Basic 1 & 2
5:00 pm	Basic 5 (All ages)

No Class 11/23

SATURDAY

October 14th ~ December 16th

TIME	DESCRIPTION
10:00 am	Adult(Ages 18+)
10:00am	Snow Plow Sam 1&2 (Age 4)
10:00am	Snow Plow Sam 3
10:30 am	Basic 5 (All ages)
10:30 am	Snow Plow Sam 1&2 (Age 4)
10:30am	Snow Plow Sam 4 (Ages 5 & 6)
11:00am	Basic 1 & 2 (Ages 7-10)
11:00am	Basic 4 (All ages)
11:00am	Basic 1 & 2 (Ages 7-10)
11:45am	Basic 3 (All ages)
11:45am	Basic 6 (All ages)

No Class 11/11,11/25

**Registration Begins:
September 12th 6pm**

FALL FRIDAY EVENING PROGRAMS

No Rink Admission for these classes on Friday

October 13th ~ December 15th

No Class: 11/10, 11/24

Must be registered for group lesson in order to take specialty class!

Spins & Jumps for Free Skate 2 & up

5:15 pm - 6:00pm

A class to develop smooth skating style, stamina & agility. **Fee - Res. \$125/ Non-Res. \$150**

Spins & Jumps for basic 4- 8 & Free Skate 1

5:15 pm - 6:00 pm

A class to develop smooth skating style, stamina and agility. **Fee - Res. \$125/ Non-Res. \$150**

Holiday Show Class

6:00 pm - 6:45pm

The holiday show class is designed to help your child develop a program in which to enter into the end of the season intra-rink exhibition, they will showcase their technique, style and ability. You will be responsible for costumes and providing your own music. This class is designed for children levels Basic 4+.

Music must be provided by the third class on 10/27 to ensure a proper program can be developed.

Fee - Res. \$125/ Non-Res. \$150

Dress Rehearsal 12/15 6pm-6:45pm

Show 12/22 5:30pm Start time

Skate Rental is not available for Friday evening program classes

please bring your own skates.

All Private Lessons Must be booked through our website.

No walk ins will be available!

Privates must pay admission!

ICE LESSON FEES:

Registration Begins:

September 12th 6pm

LEARN TO SKATE USA

The First Day of Skating

We're going to let you in on a little secret. The first time you skate—you're going to fall. We all fall. Olympic medalists have fallen hundreds of times. Thousands even. The best part, everyone gets right back up better than ever.

Anything is possible on your first day, but you can be ready for it. Prepare yourself with this guide for whatever expected and unexpected happens. You'll feel comfortable. You'll have safety in mind. And you'll have more fun knowing you're comfortable and safe.

Your first day will then be a fantastic day. Just like the hundreds coming after it.

ARRIVE EARLY

Show up a good 20 minutes before class kicks off. Check in at the registration desk and then pick up skates at the rental counter (if needed).

WEAR THE RIGHT SKATING ATTIRE

Safety Helmets

All beginning skaters should wear them. The Consumer Products Safety Commission offers guidelines regarding different activities. Skaters should use one of these recommended helmets: ASTM F1447; Snell B-90A, B-95, N-94. Check the fine print for certifications.

Do

- Make sure the helmet fits comfortably and snug.
- Wear the helmet low in front to protect the forehead.
- Keep it level and immobile. Avoid tilting back or pulling low.
- Secure chinstrap buckle. Check the adjustment often for protection, in case of a fall or collision.
- Replace your helmet immediately if signs or damage are visible.
- Clean the helmet with mild soap and water only.
- Store the helmet in a cool, dry place.
- Have the skater present during helmet purchase to test and ensure a good fit.

Don't

- Wear anything under the helmet.
- Attach anything to the helmet.
- Wear a helmet that does not fit or cannot be adjusted properly.
- Leave a helmet in direct sunlight or in a car on a sunny day.

Clothing

Comfort and the ability to move about freely is an absolute must for new skaters. Plenty of layers along with a jacket should be worn. While it's easy to assume it's warmer indoors, arenas do keep thermostats set at a brisk 50 degrees. Sweatpants or warm-up pants are better than bulkier snow pants. Skaters should discard layers as they get warmer.

Gloves and mittens

They're not to keep your hands warm; they protect hands as skaters learn to fall and stand back up. Lost and found boxes sometimes hide a few extra pairs skaters could borrow, if they forgot to bring some.

Socks

As for feet, one pair of lightweight socks or thinner tights work best. Bulky, thick socks limit support and create uncomfortable bumps inside your boots.

Fitting skates

Try on skates until the most comfortable pair is found. The rule of thumb: The closer the fit, the more control. Boots should be snug, giving toes just enough wiggle room without pinching. Feet should be immobile with the heel far back in the boot. Solid support is also necessary because staying upright takes a considerable amount of strength.

Note: Be aware that rental skates are designed to fit everyone. Shoe size also does not necessarily match skate size.

Lacing skates

First tap the heel way back into the boot. Gently pull the tongue up and secure it straight up and down before tucking it beside the foot. Pull the second or third sets of laces from the bottom tightly to close the boot well over the front of the foot.

Laces should be snug through the ankle area and bottom two sets of hooks. The top two hooks can be looser to keep the ankle flexible. Cross extra laces over hooks neatly. Avoid winding it around the skates as loose flying bows often lead to accidents.

Now test it. Stick a finger between the back of the boot and leg to show skates were well laced. If the skate hurts or feels uncomfortable, relax and adjust. Practice walking in skates before entering the ice.

LEARN TO SKATE USA

The First Day of Skating

MAKE THE MOST OUT OF EVERY GROUP LESSON.

Express preferred learning styles

- Ask instructors to break down skills to a few steps that apply to the skater's most comfortable style of learning.
- Visual learners need to see the skill demonstrated.
- Auditory learners need to hear the skill described.
- Tactile learners need to perform the skill to properly execute it.

Be patient

Group classes are great for building a solid foundation for developing skills. There are no shortcuts or fast tracks. If skaters do not feel comfortable with a particular skill, they need to speak up and tell the instructor to go at a slower, safer pace.

Be polite

Think about the safety of other student skaters in the class. Stay in control and within boundaries of the class to avoid interfering with others.

Skaters should:

- Maintain a smart, safe distance from other skaters.
- Stay close to the wall to wait for help and instructions.
- Maintain a safe speed.
- Stay with the class and instructor in their designated 'classroom' area.

Recognize class and session expectations

Parents can observe classes of all levels, skills and ages from the stands or designated areas. You should avoid standing in doorways or near the players' benches.

For beginners, marching across the ice is the first skill taught. Some skaters push and glide with ease. Others will play the cautious card by taking baby steps, and that's good. Learning to fall and stand right back up will also take precedence. Instructors will spend several minutes on day one perfecting this skill.

After session one, all beginning skaters should gain confidence and demonstrate the ability to skate reasonably well on their own, get up from falling, attempting to stop while moving slowly, and navigate a public session well.

Repeating a class is not unusual for skaters. All skills need to ladder up to one another in order to move skaters up the next level, so mastering skills first is necessary. Instructors should provide written feedback on skater's progress. This should include accomplishments, opportunities to improve, and recommendations on which class to register for next. These evaluations should be given on one of the final classes of the session.

Makeup policy

Ask the director about the program's makeup policy, should the skater miss a lesson.

Set up supplemental private or semi-private lessons

For those seeking more attention, you may hire a coach for a private or semi-private lesson. A booster lesson may be a good thing if assistance is needed to master a specific skill. If interested, inquire about private lessons with the skating director.

Set up extra practice time

Practicing is the road to improving. After each lesson, skaters should practice the skills taught at least once.

Use public skating sessions or ask if there are club-sponsored or skating sessions open. Obtain a list of things to practice from the instructor, or bring a record book to write down what needs improvement.

Snowplow Sam – Discover, Learn and Play

The Snowplow Sam levels are introductory classes divided into four progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children six and younger develop the ABCs of movement – Agility, Balance, Coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

Off-ice orientation prior to the first skating class:

Equipment check – Proper fit and lacing of skates, appropriate attire, and safety helmets.

Practice falling and recovery, marching in place, dips and one-foot balances.

Snowplow Sam 1



- A. Sit and stand up with skates on – off-ice
- B. Sit and stand up – on-ice
- C. March in place
- D. March forward (8-10 steps)
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2



- A. March followed by a long glide
- B. Dip while moving
- C. Backward walking, toes turned inward, shifting weight (4-6 steps)
- D. Backward wiggles (6 in a row)
- E. Forward swizzles (2-3 in a row)
- F. Beginning snowplow stop motion – in place or holding onto barrier
- G. Two-foot hop, in place (optional)

Snowplow Sam 3



- A. Forward skating (8-10 strides)
- B. Forward one-foot glide, two times skater's height (R and L)
- C. Forward swizzles (4-6 in a row)
- D. Backward swizzles (2-3 in a row)
- E. Moving forward snowplow stop (two-foot)
- F. Curves

Snowplow Sam 4



- A. Forward skating
- B. Backward two-foot glide, length of skater's height
- C. Backward swizzles (4-6 in a row)
- D. Rocking horse – one forward, one backward swizzle, repeat twice
- E. Two-foot turns from forward to backward, in place (both directions)
- F. Two-foot hop, in place

Based on the age and ability of the child after completion of Snowplow Sam 3, they can successfully advance to Basic 2 or Hockey 2, or progress to Snowplow Sam 4.

To provide a fun and positive experience
that will instill a lifelong love of skating.



Basic Skills – FUNdamentals

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

Discover, Learn and Play – Basic 1 and 2: These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

FUNdamentals – Basic 3-6: These levels develop all of the fundamental skating skills on the ice. Focus is on learning the ABCs of basic athleticism: agility, balance, coordination and speed. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating.

Off-ice orientation:

- Equipment check: proper fit and lacing of skates, appropriate attire, safety helmets
- Practice falling and recovery, marching in place, dips and one-foot balances in skates

Basic 1



- Sit on ice and stand up
 - March forward across the ice
 - Forward two-foot glide
 - Dip
 - Forward swizzles – 6-8 in a row
 - Backward wiggles – 6-8 in a row
 - Beginning snowplow stop on two feet or one foot
- ★ Bonus skill: Two-foot hop in place

Basic 2



- Scooter pushes – R and L
 - Forward one-foot glides – R and L
 - Backward two-foot glide – Glide the length of skater's height
 - Rocking Horse (one forward swizzle, one backward swizzle) – Repeat twice
 - Backward swizzles – 6-8 in a row
 - Two-foot turns from forward to backward in place – clockwise and counterclockwise
 - Moving snowplow stop
- ★ Bonus skill: Curves

Basic 3



- Beginning forward stroking showing correct use of blade
 - Forward half swizzle pumps on a circle – 6-8 consecutive clockwise and counterclockwise
 - Moving forward to backward two-foot turns on a circle – clockwise and counterclockwise
 - Beginning backward one-foot glides – focus on balance
 - Backward snowplow stop – R and L
 - Forward slalom
- ★ Bonus skill: Forward pivots - clockwise and counterclockwise

Basic 4



- Forward outside edge on a circle – R and L
 - Forward inside edge on a circle – R and L
 - Forward crossovers – clockwise and counterclockwise
 - Backward half swizzle pumps on a circle – clockwise and counterclockwise
 - Backward one-foot glides – R and L
 - Beginning two-foot spin – Up to two revolutions
- ★ Bonus skill: Forward lunges – both legs

Basic 5



- Backward outside edge on a circle – R and L
 - Backward inside edge on a circle – R and L
 - Backward crossovers – clockwise and counterclockwise
 - Forward outside three-turn – R and L
 - Advanced two-foot spin – 4-6
 - Hockey stop – both directions
- ★ Bonus skill: Side toe hop – R and L

Basic 6



- Forward inside three-turn – R and L
 - Moving backward to forward two-foot turn on a circle – clockwise and counterclockwise
 - Backward stroking
 - Beginning one-foot spin – 2-4 revolutions, optional free leg position and entry
 - T-stops – R and L
 - Bunny hop
 - Forward spiral on a straight line – R or L
- ★ Bonus skill: Shoot the duck – R or L

To provide a fun and positive experience that will instill a lifelong love of skating.



Free Skate

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps — all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as a bridge program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

Pre-Free Skate (combination of Basic 7 and 8)



Skating Skills:

- A. Forward inside open mohawk from a standstill position (R to L and L to R)
- B. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise

C. Backward outside edge to a forward outside edge transition, clockwise and counterclockwise

D. Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise

Spins:

E. One-foot upright spin, optional entry and free-foot position (minimum three revolutions)

Jumps:

F. Mazurka (R and L)

G. Waltz jump

★ Bonus Skill: Backward inside pivots, clockwise and counterclockwise

Free Skate 1



Skating Skills:

- A. Forward power stroking, clockwise and counterclockwise
- B. Basic forward outside and forward inside consecutive edges (four to six consecutive edges)
- C. Backward outside three-turns (R and L)

Spin:

D. Upright spin, entry from back crossovers (min. four to six revolutions)

Jumps:

E. Half flip

F. Toe loop

★ Bonus Skill: Waltz jump-side toe hop-waltz jump sequence, or waltz jump-ballet jump-toe loop sequence

Free Skate 2



Skating Skills:

- A. Alternating forward outside and inside spirals on a continuous axis (two sets)
- B. Basic backward outside and backward inside consecutive edges (four to six consecutive edges)
- C. Backward inside three-turns (R and L)

Spin:

D. Beginning back spin (up to two revolutions)

Jumps:

E. Half Lutz

F. Salchow

★ Bonus Skill: Variation of a forward spiral, skater's choice

Note: The Skating School has the authority to add classes to continue skater development under the umbrella of Learn to Skate USA beyond Free Skate 6. Sample lesson plans and programming ideas are available in the Skating School Administrative Tool.

Free Skate 3



Skating Skills:

- A. Alternating backward crossovers to back outside edges – Four sets
- B. Alternating mohawk/crossover sequence (R to L and L to R)
- C. Waltz three-turns (forward outside three turn, backward outside edge glide), clockwise and counterclockwise

Spin:

D. Advanced back spin with free foot in crossed leg position (min. three revolutions)

Jumps:

E. Loop jump

F. Waltz jump-toe loop or Salchow-toe loop combination

★ Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps

Free Skate 4



Skating Skills:

- A. Forward power three-turns (R and L), 3 sets each
- B. Waltz eight, clockwise and counterclockwise

Spins:

C. Forward upright spin to backward upright spin (3 revs., each foot)

D. Sit spin (minimum three revolutions)

Jumps:

E. Half loop

F. Flip

★ Bonus Skill: Split jump, stag jump or split falling leaf

Free Skate 5



Skating Skills:

- A. Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise
- B. Five-step mohawk sequence, clockwise and counterclockwise

Spins:

C. Camel spin (minimum three revolutions)

Jumps:

D. Waltz jump-loop jump combination

E. Lutz jump

★ Bonus Skill: Loop-loop combination

Free Skate 6



Skating Skills:

- A. Forward power pulls (R and L)
- B. Creative step sequence, skater's choice, using a variety of three-turns, mohawks and toe steps

Spins:

C. Camel-sit spin combination (minimum two revolutions each position)

D. Layback or attitude spin or cross-foot spin (three revolutions)

Jumps:

E. Waltz jump-half loop-Salchow jump sequence

F. Axel

★ Bonus Skill: Backward outside pivot, entry optional

To provide a fun and positive experience that will instill a lifelong love of skating.



Adult – Beginner to Advanced

The Adult curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills. Participation in the program will help promote physical fitness and improve balance and coordination while teaching proper skating techniques. This is an exciting program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

Divided into six levels from basic skating to more advanced skills, adult skaters will progress at an individual rate while being challenged and motivated. Based on prior skating experience, adults may choose to begin at the level that best matches their skill base.

Off-ice orientation:

- Equipment check: proper fit and lacing of skates, appropriate attire, safety concerns
- Practice falling and recovery, walking in place, knee bends and one-foot balances in skates

Adult 1



- Falling and recovery; on ice
- Forward marching
- Forward two-foot glide
- Forward swizzles (4-6 in a row)
- One forward swizzle/one backward swizzle (rocking horse)
- Dip
- Forward snowplow stop – two feet or one foot

Adult 4



- Forward outside edge on a circle, R and L
- Forward inside edge on a circle, R and L
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glides, R and L
- Backward half-swizzle pumps on a circle, clockwise and counterclockwise
- Hockey stop, both directions

Adult 2



- Forward skating across the width of the ice
- Forward one-foot glides, R and L
- Forward slalom
- Backward skating
- Backward swizzles (4-6 in a row)
- Two-foot turns in place

Adult 5



- Backward outside edge on circle, R and L
- Backward inside edge on a circle, R and L
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, R and L
- Forward swing rolls to a count of six
- Beginning two-foot spin

Adult 3



- Forward stroking using the blade properly (begin with repetitive one-foot pushes)
- Forward half-swizzle pumps on the circle; 6 to 8 in a row, clockwise and counterclockwise
- Moving forward to backward and backward to forward two-foot turn on a circle, clockwise and counterclockwise
- Backward skating into a long two-foot glide
- Forward chasses on a circle, clockwise and counterclockwise
- Backward snowplow stop, R and L

Adult 6



- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, R and L
- Forward outside to inside change of edge on a line, R and L
- T-stop, R or L
- Lunge
- Two-foot spin into one-foot spin

Upon completion of the Adult 1-6 curriculum, adult skaters should feel confidence with all fundamental skating skills and may choose to progress to more specialized areas of skating such as free skating, ice dancing, adult hockey leagues, or joining a synchronized skating team.

To provide a fun and positive experience
that will instill a lifelong love of skating.

