

North Star Figure Skating Club

Spring 2019

Invitational
BRONZE STAR

ADVANCED TRAINING PROGRAM **With the ASSISTANT TO THE SKATING DIRECTOR**

ADVANCED BRONZE STAR TRAINING PROGRAM is a 75-minute session, 30-minute class coached by the ASSISTANT TO THE SKATING DIRECTOR. Special attention will be given to proper technique of individual skills in preparation for the next levels of skating. Minimum of 6 skaters to Maximum 12 skaters.

- Improve focus
- Advanced stroking patterns
- Higher level of achievement through repetitive drills
- Perfecting posture and control
- Strong foundation exercises to reach highest level of skating

When:

3:45 – 5:00 pm Tuesdays Rink C

March 19, 26, April 9, 23, 30, May 7, 14, 21, 28, June 4, 11, 18 (no 4/2)

Curriculum:

3:45 – 4:15 Class time with the Assistant to the Skating Director

4:15 – 4:40 Practice time or optional Private Lesson with a private coach**

4:40-5:00 Intro to Boot Camp

12- week program includes:

12 tickets for select practice days/times (expire June 2019)

50 minutes total class time per week

25 minutes practice per week

Cost: \$275 if received before March 15

\$295 if received after March 15

****Optional private lesson to be scheduled separately**

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Invitational Training Program
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Skater's Name _____ Phone # _____

E-mail address: _____

Current Level of skating: _____

Would you like a private lesson (subject to availability) from 4:15-4:40 (recommended)
\$25 per week paid directly to the coach YES NO

Do you already take private lessons: _____

If yes, who is your private coach: _____

Cost: \$275 if received before March 15
\$295 if received after March 15

Total: _____

3% credit card fee if applicable: _____

Amount included with this form: _____

For office use only: Date received: _____ Cash/Check#/Credit: _____