

Benefits of Skating

Helps build coordination
Lots of fun
Easy way to exercise and stay in shape
Good Cardiovascular workout
Stepping stone to other sports
Builds self-esteem
Sport for the whole family
Never too old to begin the sport
Year round sport

Why take a Class / Lesson ?

Basic skills will help you progress quickly and safely
Improve you current skill
Learn a new skill
Stay in shape for other sports
Make new friends

Rink Information

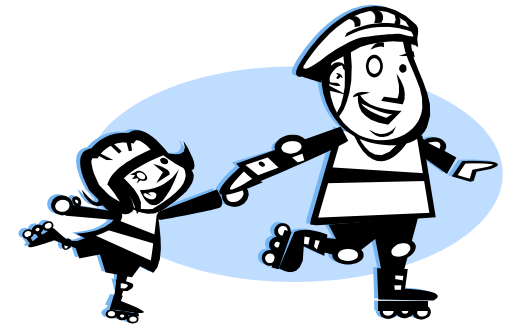
Affordable family atmosphere
Clean air-conditioned environment
Snack Bar & Vending machines
Great Birthday parties
Skate Shop (new & used equipment)
Video games, air hockey
Lockers

Rollarama

2710 Hamburg Street
Schenectady NY 12303
Phone (518) 355-2140
www.rollarama.com

Skating Academy

**Fun, Relaxing Exercise
Instruction, Games
and Patches
for
All Ages**



2008 - 2009

CLASS LESSON INFO

Saturday Class Lessons are 6-week sessions available to **Adults and Children (all ages)**. Includes 30 minute **Class Lesson**, skate rental, and admission to the Saturday afternoon public skating session.

September 27, 2008 *thru* November 1, 2008

November 8, 2008 *thru* December 13, 2008

January 3, 2009 *thru* February 7, 2009

February 14, 2009 *thru* March 21, 2009

March 28, 2009 *thru* May 2, 2009

Instructions, games, skill sets and FUN, FUN, FUN encourage skater's progress. Charts, **Patches**, and shows will further encourage interest.

Certificates are awarded to everyone at the end of each 6-week session. **Merit Patches** and **Star Patches** are awarded upon completion of the different levels of skills.

Intro to Artistic Skating is \$ 50.00 per 6-week session. All other **Saturday Class Lessons** are \$ 45.00 per 6-week session with reduced prices for multiple family members. \$ 40.00 for second and \$ 35:00 for third and more immediate family member.

Students can register during the first or second week of a 6-week session.. Students can Sign-up on the third week or later of a 6-week session.
\$ 10.00 per 30 minute Class Lesson.

Please arrive 30 minutes ahead of Class time to register and to fit skates.

Pre-registration is available.

SATURDAY MORNING

Learn to Skate and Beginner 11:30 - 12:00

Intermediate and Advanced 11:00 - 11:30

Intro to Artistic Skating 10:30 - 11:00

Learn to Skate

Class geared for first time skaters.

Learn balance, body position, basic stroking, and safe skating.

Beginner

Merit and 1 Star. For those that can already skate but need to improve balance, starting, stopping, and skating on one foot. Instructions, games, and fun.

Intermediate and Advanced

2 Star, 3 Star, and 4 Star. Skating edges, turning, skating backwards. Introduction to jumps, spins, and footwork, and speed.

Intro to Artistic Skating

Learn the skills required to progress up the **RSA Proficiency Test Structure** in **Artistic Dance, Freestyle, and Figures.**

TUESDAY EVENING

Tuesday Class Lessons are available to **Adults and Teens.**
(ages 12 and over)

Learn to Skate 7:00 - 7:30

Artistic Dance 7:00 - 7:30

\$ 3.50 per 30 minute **Class Lesson.**

Begins Tuesday, September 23, 2008.

SATURDAY AFTERNOON

Private Lessons 12:00 - 2:00

Private Lessons can be booked that day with any teachers available during the public skating session. Available on days with scheduled Saturday Class Lessons.

\$ 8.00 per 15 minute **Private Lesson.**

PRIVATE LESSON INFO

Private Lessons during non-public skating sessions are also available throughout the year to **Adults, Teens and Children.** Contact a member of the teaching staff or the rink office.

Angie Lasher
Rector McIntyre
Tamara Quinn
Diann Tanney
Mike Johnson
Dorian Perren
Karyn Cormier
Sara Stinnett

Rollarama Skating Club

www.rollaramaskatingclub.com

rollaramaskatingclub@yahoo.com

Rollarama Skating Center

2710 Hamburg Street

Schenectady, NY 12303

518-355-2140

www.rollarama.com

10:30 Saturday Class Lessons

Figures

Dance

Freestyle

Drill / Show Team

Circle - Outside Edges
Circle - Inside Edges
Change Edges
One foot turns (3 turns)
Serpentines

Progressive Runs
Chasses
Cross front
Cross back
Mohawk turns

Foot work
Jumps
Sprial
Turns
Spins

Bronze Level 1 - Figures
Bronze Level 2 - Figures

Bronze Level 1 - Dances
Bronze Level 2 - Dances

Bronze Level 1 - Requirements
Bronze Level 2 - Requirements

11:00 Saturday Class Lessons

2 Star

Edges - using the parallel position, show outsideforward edges, rolling on each foot for 3 counts

Edges - Show how to skate rink ends using 1 lean - left outside edge and right inside edge

Circles - rolling start, skate around a full circle with only 1 extra push

Spirals - either foot backward for ten counts

Spins - two foot spin, 3 times around using inside edges

Cross-back, standing still without holding onto wall

Forward pull-out - both directions, arms correct

Forward cross-rolls, 1 length of rink

Racing - figure 8 race backwards, any speed

Jumps - hop on right, skip to left, jump and land backwards on two feet rolling

Slalom - forward, fast zig-zag through close cones

Slalom - forward, 1 foot in front, hockey style

Slalom - forward, 1 foot past 8 cones without touching

Backward skills - backward scissors, then balance on one foot, repeat using other foot

Turns - turn from forward to backward while rolling

Spread-eagle - anyway, held for short time

Duck slide - backwards

3 Star

Stroking - show upright body position, using outside forward edges on straight away and outside and inside edges on the corners, skating forward

Edges - backwards, outside, changing feet and leans

Step skills - forward chasses

Circles - show how to take-off on any foot on a figure circle

Circles - Take off on any foot and skate a full circle with only 1 extra push

Spirals - Any forward spiral into a duckslide without freeleg touching the floor

Spins - beginning 1 foot spin

Edges - Inside forward edges showing correct lean

Cross-rolls - 20 forward fast on one straightaway

Cross-back - while rolling

Jumps - Any mohawk jump

Toe pivot - use a unique arm position

Sideways skate - anyway, held for 10 counts

Turns - any mohawk turn, beginner

Pullouts - backwards any way

slalom -var forwards, cones wide

Slalom - sideways past 5 cones

Skill steps - show a progressive run

4 Star

Circles - any foot, full circle with 1 push - either foot

Circles - show take-off onto outside edge - Left

Circles - show take-off onto outside edge - Right

Circles -show an inside edge - either foot

Step skills - show the following step sequences:

Push, chasse, push and glide

Progressive run, cross front

Left chasse left, right chasse right

Front and back toe points on one foot

Turns - show forward inside mohawk turn

Turns - show any backward to forward mohawk turn

Pull-outs - Show backwards pullouts in both directions

Jumps - show bunny hop

Spins - show a 1 foot upright spin 2 to 3 rotations

Jumps - show 1/2 mapes

Cross-backs - do 10 cross backs alternating feet

Spirals - show a good spiral leg high, head up, changing edges during the roll, use a good arm position

Racing - using a helmet, skate one time around the track in 30 seconds or less

Slalom - backwards on 1 foot past 8 cones

11:30 Saturday Class Lessons

Learn to Skate

How to stand on skates
How to get up when you fall
Balance - squat down & stand back up
Beginning to roll - penguin / monster walk
Beginning to move the feet - marching
Scissors - start of side pushes

Merit

Marching with long glides
Forward scissors
Slalom - forward scissors
Curves along cones, feet parallel, tilting body
Stopping - Toe stop drag
Stopping - T-Stop using either foot
T-Start - from wall, pushi and hold for about 10 feet
T-Start - mid-floor, either foot into long 1 foot glide
Parallel position - begin with rolling and demonstrate 1 foot glides using the parallel position to change feet
Car or Cannonball

Hopping on two feet

Cross front - standing still without holding on wall
Step over limbo stick placed on floor, try to finish in airplane position
Backward march, toes pointing toward each other
Backward Scissors, one time around the rink
Backward stop using toe stopper
Scissors teams - with a friend one skates forward, one skates backwards, holding elbows, doing scissors

1 Star

Parallel stroking - demonstrate the parallel position skating around the rink
Slalom - forward zig-zag using parallel position
Scooter pushes
Spirals - forward
T-Start from mid-rink push and hold for 10 full counts
Spins - 2 foot beginning spin
Cross front - cross right over left while rolling
Criss-cross - forwards, both feet on floor

Swings - pendulum one length of rink
Racing - figure 8 forward
Shuttle skate - using full rink, complete 1 time around rink, no misses in 45 seconds
Jumps - using two feet, hop from forward to backward, while rolling
Step over limbo stick set on #1 position, finishing in airplane position
Backwards car or cannonball
Slalom - backwards on two feet, zig-zag
Scissors - backward fast around rink

Duck slide forward on either foot

Registration for Skating Academy 2008 - 2009

Family Name _____

	First Name	Age
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____

Parent / Guardian: _____

Address: _____

City / State: _____

Zip code: _____

Phone number where above can be reached if not in the building during class time.

Make Checks payable to: **Rollarama**

Rollarama Skating Center
2710 Hamburg Street
Schenectady, NY 12303
attn: Class Instructors

518-355-2140

www.rollarama.com

Session 1	amt	class
1		
2		
3		
4		
	\$	cash check #

Session 2	amt	class
1		
2		
3		
4		
	\$	cash check #

Session 3	amt	class
1		
2		
3		
4		
	\$	cash check #

Session 4	amt	class
1		
2		
3		
4		
	\$	cash check #

Session 5	amt	class
1		
2		
3		
4		
	\$	cash check #