

## General Information

### CLASS SIZE

We will be allowing 15 skaters per level for this season of Learn to Skate. Sign up early to hold your spot!

### PROCEDURES AND PROTOCOLS

- Arrive no more than 15 minutes prior to class
- Participants should arrive fully dressed
- Please **STAY** at home if your not feeling well
- We have a zero tolerance policy in relation to the guidelines stated above

### APPAREL

Dress warm and in layers, stretch pants preferred  
Bicycle helmets and gloves are required for levels Tots - Basic 5. (Helmets will not be given out)  
Rental skates are included.  
Socks must be worn in rental skates

### REGISTRATION

Registration will only be taken on line at [www.proskatenj.com](http://www.proskatenj.com)

**\*\* There is NO pro-rating or make-ups for missed classes. \*\***

### BOOSTER LESSON

We offer 15 minute booster lessons for children having difficulty learning a required maneuver (separate \$22.50 fee). Must be setup by appointment.

\*Pro Skate is determined to keep a clean and safe environment for our staff and clients, with routine cleanings and temperature checks. Regular sanitizing of all rental skates.

For additional information, please call  
Laureen Valentino, Skating Director  
732.940.6400 [laureenatproskate@gmail.com](mailto:laureenatproskate@gmail.com)



### CLASS DESCRIPTIONS

#### Pre-K and Kindergarten Classes

**Parent/Me** - Both parent and child participate in the on-ice lesson where basic skills are taught. (Lesson is for the Tot child only)

**Snowplow Sam 1** - For beginners ages 3-5. Teaches Sit and Stand up off and on ice, March, dips, glides

**Snowplow Sam 2** - march followed by long glide, dip moving, backwards wiggles and fwd. swizzles., hop.

**Snowplow Sam 3** - Forward skating, 1 ft. glide R&L, forward swizzles 4-6, back swizzles 2-3, snowplow stop, curves.

**Snowplow Sam 4** - Forward skating, backward two foot glide, backward swizzles 4-6, two foot turns, hop.

#### Youth Classes

**Pre Hockey 1 & 2** - For skaters 6-13 yrs. interested in pursuing hockey.

**Basic 1** - For skaters 6 yrs. and older who have never skated. Sit and get up, march fwd, 2 foot glides, dip, forward swizzles, backward wiggles, snowplow stop, hop.

**Basic 2** - Scooter pushes, one foot glides, backward two foot glide, Rocking horses, back swizzle, two foot turn, moving snowplow stop, curves.

**Basic 3** - Fwd. stroking, fwd. pumps, fwd. to bkwd. Two foot turn, backward one foot glides, fwd slalom, bkwd snowplow stop.

**Basic 4** - fwd. inside and outside edges, back pumps, backward one foot glides, fwd. crossovers and start two foot spin.

**Basic 5** - Back edges, forward outside three turn, backward crossovers, hockey stops, advance two foot spin, side toe hops.

**Basic 6** - Back to fwd. two foot turn, fwd inside 3-turns, back stroking, beginning one foot spin, bunny hops, spiral, lunge & T stops.

**Pre-Freestyle** - Forward inside Mohawk, back outside edge to a forward outside edge transition, landing position, fwd. pivots. fwd. inside and outside three turn, one foot spin, waltz jump, mazurka.

**Freestyle** - Edges, spirals, spins, jumps and footwork for Freestyle .

#### Adult Classes

**Adult 1** - For beginners and those with some skating experience. forward marching, two foot glide, 1-foot snowplow stops, dip.

**Adult 2** - forward skating, one foot glide, slalom, backward skating & swizzles, two foot turn in place.

**Adults 3-6** - For more advanced Skills!



## 2025 - 2026 Schedule



1000 Cornwall Road  
Monmouth Junction, NJ 08852  
Phone: 732.940.6400  
[www.proskatenj.com](http://www.proskatenj.com)

## Commonly asked Questions:

### 1. How should we dress?

Dress in layers, long johns or PJs under your clothes. Nothing bulky! Wear a jacket, bike helmet & gloves.

### 2. What size skates should we wear?

Choose the same size as your street shoe.

### 3. What type of socks should I wear?

Thin trouser socks or tights.

### 4. How do I sign up?

Sign up on-line at: [proskatenj.com](http://proskatenj.com).  
Under Learn to Skate

### 5. What time should I arrive?

A half hour on first day, then 15 minutes prior to LTS starting depending on how many kids you have to get ready.

### 6. Where do we go when we arrive?

On the first day, stop by the table to pick up your tag. Then proceed downstairs to skate rental and enter the rink to put your skates on in the stands.

### 7. How do I find my class?

There are junior coaches by the door to the ice to direct you to your class.

### 8. What happens if I forget my card?

See Director. If you lose your card, a new one will be made but you will NOT receive the free public skating passes.

### 9. What if I can't make my class?

We do not offer make ups or pro rating. During Session 8 & 9, you will receive free public skate passes for the classes you missed.

### 10. What if I would like to skate with my child.

You must be signed up in the Learn to skate program to skate during Learn to Skate. Please see our public skating sessions.

## FEES

4 wk. \$125   5 wk. \$150.00   6 wk. \$175.00  
1/2HR. CLASS PLUS 1HR. PRACTICE

**Saturday 1hr. Adv. Figure Skating Class**  
4 wk. \$175.00   5 wk. \$200.00   6 wk. \$225.00

**United States Figure Skating**  
Required Yearly Membership Fee \$16.00  
Sign up at: [learntoskateusa.com](http://learntoskateusa.com)

## PRACTICE TIMES

<b>FRIDAYS CLASS:</b>	<b>PRACTICE TIME:</b>
5:00 CLASS:	5:30-6:30
5:30 CLASS:	5:00-5:30 & 6:00-6:30
6:00 CLASS:	5:00-6:00

<b>SATURDAYS CLASS:</b>	<b>PRACTICE TIME:</b>
9:15 CLASS:	10:15-11:15
10:15 CLASS:	10:45-11:45
10:45 CLASS:	10:15-10:45 & 11:15-11:45
11:15 CLASS:	10:15-11:15

<b><u>CLASS SCHEDULE:</u></b>	<b>FRI</b>	<b>SAT</b>
<b>SNOWPLOW 1-4</b>	<b>5:00PM</b>	<b>10:45AM</b>
<b>PRE HOCKEY 1, 2</b>		<b>10:15AM</b>
<b>BASIC 1</b>	<b>5:30PM</b>	<b>10:15AM</b>
<b>BASIC 2, 3</b>	<b>5:00PM</b>	<b>10:45AM</b>
<b>BASIC 4</b>	<b>6:00PM</b>	<b>11:15AM</b>
<b>BASIC 5</b>	<b>6:00PM</b>	<b>11:15AM</b>
<b>BASIC 6</b>	<b>5:30PM</b>	<b>11:15AM</b>
<b>PRE-FREESTYLE</b>	<b>6:00PM</b>	<b>9:15AM 1hr</b>
<b>FREESTYLE 1- 6</b>	<b>6:00PM</b>	<b>9:15AM 1hr</b>
<b>ADULTS</b>	<b>5:30PM</b>	<b>10:15AM</b>
<b>PARENT &amp; ME</b>		<b>11:15AM</b>

## SESSION 1: (4 Weeks)

**Fri: Sept. 5, 12, 19, 26**

**Sat: Sept. 6, 13, 20, 27**

## SESSION 2: (4&5 Weeks)

**Fri: Oct. 3, 10, 17, 24**

**Sat: Oct. 4, 11, 18, 25, Nov. 1**

## SESSION 3: (6 Weeks)

**Fri: Nov. 7, 14, 21 Dec. 5, 12, 19**

**Sat: Nov. 8, 15, 22 Dec. 6, 13, 20**

## SESSION 4: (6 Weeks)

**Fri: Jan. 9, 16, 23, 30 Feb. 6, 13**

**Sat: Jan. 10, 17, 24, 31 Feb. 7, 14**

## SESSION 5: (6 Weeks)

**Fri: Feb. 20, 27 Mar. 6, 13, 20, 27**

**Sat: Feb. 21, 28 Mar. 7, 14, 21, 28**

## SESSION 6: (5 Weeks)

**Fri: Apr. 10, 17, 24, May 1, 8**

**Sat: Apr. 11, 18, 25, May 2, 9**

## SESSION 7: (5 Weeks)

**Fri: May 15, 29, Jun. 5, 12, 19**

**Sat: May 16, 30, Jun. 6, 13, 20**

