

General Information

FACILITY

Our twin rink facility is open year round and offers an Olympic size surface ideal for beginning and competitive skaters. We offer a wide variety of skating programs for all ages and skill levels. ProSkate is a member of the International Skating Institute and United States Figure Skating Association.

CLASS SIZE

Classes are limited to 15 skaters per instructor.

APPAREL

Dress warm and in layers.
Stretch pants or sweat pants are preferred.
Gloves are recommended.
Bicycle helmets are required.
Rental skates are included.
Socks must be worn in rental skates.

REGISTRATION

Registration will be online at:
www.proskatenj.com.

**** We do not pro-rate or provide make ups for missed classes. No Refunds.**

BOOSTER LESSON

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

For additional information, please call
Laureen Valentino, Skating Director
732.940.6400
laureenatproskate@gmail.com



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!

***Pro Skate is determined to keep a clean and safe environment for our staff and clients. With routine cleanings. Your safety is a priority!**



Home School

Daytime

2025-2026

Schedule

Tuesday and Friday Classes



1000 Cornwall Road
Monmouth Junction, NJ 08852
Phone: 732.940.6400
www.proskatenj.com



WAIVER OF LIABILITY / INSURANCE MUST BE SIGNED TO PROCESS REGISTRATION.

In consideration of _____ being permitted to register and participate in the PROSKATE'S Learn to Skate program, in conjunction with PROSKATE, we do hereby release and discharge PROSKATE directors, agents, employees and any person or corporation or partnership connected herewith from all manner of action, injury, damages, costs, claims or demands which we will, shall or may hereinafter have, suffer or receive by reason of such participation in any program at the center. This release shall be binding on our heirs, assigns, executors and administrators. It is further agreed that PROSKATE shall not be considered to guarantee or warrant such equipment as may be used in the conditioning of said programs. The undersigned also agrees that their likeness or the likeness of their child may be photographed or videotaped and that such image may be published in an outlet used to promote or publicize the program.

In the event of cancellation, all monies are non-refundable; there are not exceptions.

Times and days may change due to enrollment, special events, etc.

*All applications require parent/guardian signature.

Parent Signature: _____
(I have read & fully understand the waiver of liability)

Date: _____

CLASS TIME: 11:30am Tuesday or Friday

FEES

4 wk. 70.00 5 wk. \$87.50 6 wk. \$105.00
Class @ 11:30, Practice 12:00 - 1:00

DESCRIPTION OF CLASSES

Beginner Class - Sit & stand up on and off ice, March in place, March forward 8-10 steps, Two Foot Glide and Dips, Backwards Wiggles, Rocking Horse, Forward Swizzles and Two Foot Hop In Place.

Advance Class - Stroking, Forward Crossovers, Backward Crossovers, Pumps, Three Turns, Mohawks, Lunges, Spirals, Jumps and Footwork

GOALS

To instruct the skaters in a "fun" atmosphere, while learning the beginning skills of ice skating, through games and play.

Most of all the goal is to **"HAVE FUN!"**

NIGHT & WEEKEND CLASSES

We also offer Friday night & Saturday morning classes. Space is limited. See our Learn to Skate flier for details.



SESSION 2: (5 weeks)

Tues: Sept. 30 Oct. 7, 14, 21, 28

Friday: Oct. 3, 10, 17, 24, 31

SESSION 3: (6 weeks)

Tues: Nov. 4, 11, 18 Dec 2, 9, 16

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

SESSION 4: (5 weeks)

Tues: Jan. 6, 13, 20, 27 Feb. 3

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

SESSION 5: (6 weeks)

Tues: Feb. 10, 17, 24 Mar. 3, 10, 17

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

SESSION 6: (6 weeks)

Tues: Mar. 24, Apr. 7, 14, 21, 28 May 5

Fri: Mar. 26, Apr. 10, 17, 24 May 1, 8

SESSION 7: (6 weeks)

Tues: May 12, 19, 26 Jun 2, 9, 16

Fri: May 15, 22, 29 Jun 5, 12, 19