

# 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 Assoc.

## CLASS SIZE

Classes are limited to 15 skaters per instructor.  
\*All classes are subject to cancellation due to lack of enrollment.

## APPAREL

Dress warm and in layers.  
Stretch/sweat pants are preferred.  
Gloves are recommended.  
Bicycle helmets are required for levels Snowplow - Freestyle. Adults are a **MUST!**  
Rental skates are included.

## REGISTRATION

All Registrations are to be done online at:  
[Proskatenj.com](http://Proskatenj.com)

## **We do not pro-rate or do makeups!**

**\*See Director to receive your Free Public session pass for missed classes. (Summer Only)**

## BOOSTER LESSON

We offer 15 minute booster lessons for children having difficulty learning a required maneuver. A \$25.00 fee should be paid directly to the coach. Must be setup by appointment with Skating Dir.

## **NO CHILD SHOULD BE LEFT UNATTENDED IN THE FACILITY**

**For additional information, please call  
Laureen Valentino, Skating Director  
732.940.6400**

# CLASS DESCRIPTIONS

## **Pre-K and Kindergarten Classes**

**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., Rocking horse, hop.

**Snowplow Sam3** Forward skating, 1 ft. glide R&L, forward swizzles 4-6, back swizzles 4-6, snowplow stop, curves.

## **Youth Classes**

**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** - one foot glides, backward two foot glide, back swizzle, two foot turn, moving snowplow stop, fwd. alternating half pumps.

**Basic 3** - fwd. stroking, fwd. pumps, fwd. to bkwd. Two foot turn, backward one foot glides, fwd slalom, two foot spin.

**Basic 4** - fwd. inside and outside edges, back stroking, forward outside three turns, fwd. crossovers and backward snowplow stops.

**Basic 5** - Back edges, Beginning one foot spin, backward crossovers, hockey stops, Side toe hops.

**Basic 6** - Back to fwd. two foot turn, Inside 3-turns, bunny hops, spiral, lunge & T stops.

**Pre Freestyle** - Forward inside Mohawk, back outside & inside edges, ballet jump, landing position, fwd. pivots, fwd. inside and outside three turn, one foot spin, waltz jump, mazurka, combination move.

**Freestyle 1-6** - Edges, spirals, spins, jumps and footwork.

## **Adult Classes**

**Adult 1** - For beginners and those with some skating experience. Stroking, forward crossovers, 1-foot snowplow stops, backward skating, backward crossovers and T-stops.

**Adult 2-4** - Forward outside 3-turns, Mohawks, hockey stops, shoot-the-duck, forward inside 3-turns, lunges, bunny hop and forward edges and advanced skills.



Learn to  
Skate

## 2026 SPRING/SUMMER PROGRAM



1000 Corn wall 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**



## FEES

**6 week - \$175 1HR. CLASS \$225**  
**USFSA MEMBERSHIP - \$18.00**  
**(must be purchased online)**

**\$50** for the specialty synchro class with your paid regular level class registration.

**\*30 minute class & 1 hour of practice.**  
**Wednesday Class**

### Class Times

5:00 class  
5:30 class  
6:00 class  
6:45 class

### Practice Times

5:30 to 6:30  
5:00 to 5:30 & 6:00 to 6:30  
5:00 to 6:00  
6:00 to 6:30 & 7:15 to 7:45

## CLASS

## Wednesdays

**SNOWPLOW 1 – 4**

**5:00PM**

**BASIC 1**

**5:30PM**

**BASIC 2, 3**

**5:00PM**

**BASIC 4**

**6:00PM**

**BASIC 5**

**6:00PM**

**BASIC 6**

**5:30PM**

**PREFREESTYLE**

**6:00PM**

**FREESTYLE 1 - 2**

**6:00PM**

**FREESTYLE 3 - 6 1HR**

**6:40PM**

**ADULTS 1, 2**

**6:40PM**

**ADULTS ADV. 3 & UP**

**6:40PM**

**SYNCHRO**

**5:30PM**

## SPRING SESSION 1: (6 weeks)

**Wednesday: Mar 11, 18, 25, Apr 1, 8, 15**

## SPRING SESSION 2: (6weeks)

**Wednesday: Apr 22, 29, May 6,13, 20, 27**

## SUMMER SESSION 3: (6 weeks)

**Wednesday: Jun 3, 10, 17, 24, Jul 1, 8**

## SUMMER SESSION 4: (6 weeks)

**Wednesday: Jul 15, 22, 29, Aug 5, 12, 19**

## SPECIALTY CLASSES

### LEARN SYNCHRONIZED SKATING CLASS

This class is offered to Basic 4 & above.  
Learn how to skate in a group, emphasizing on lines, circles, blocks and footwork.

### \$50 SPRING/SUMMER SPECIAL

**\*SKATERS MUST BE CURRENTLY ENROLLED IN THEIR SKILLS CLASS TO PARTICIPATE IN THIS PROGRAM.**

## ADULT CLASSES

**1/2 hr. CLASS AND 1/2 hr. PRACTICE**  
**(Class 6:45-7:15 & Practice 6:00-6:30 & 7:15-7:45)**