

# 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

NEW  
Wednesday  
Classes!

2026  
SPRING/SUMMER  
PROGRAM



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

