

Please fill out and sign in order to participate in the Lesson Program

I certify that I am the parent or legal guardian of :

\_\_\_\_\_ (or I am enrolled in the adult lesson program)

and desire my child/myself to participate in the skating lesson program at United Skates of America.

I am aware that roller skating is a participation sport and the United Skates of America lesson program involves obvious risks of injury, including but not limited to, the risk of falling due to loss of balance or contact by another skater or object.

I understand that United Skates of America cannot be responsible for injuries or damages to my child or myself resulting from participation in this program.

I agree to the above conditions:

\_\_\_\_\_ Signature (parent/Guardian)

\_\_\_\_\_ Date

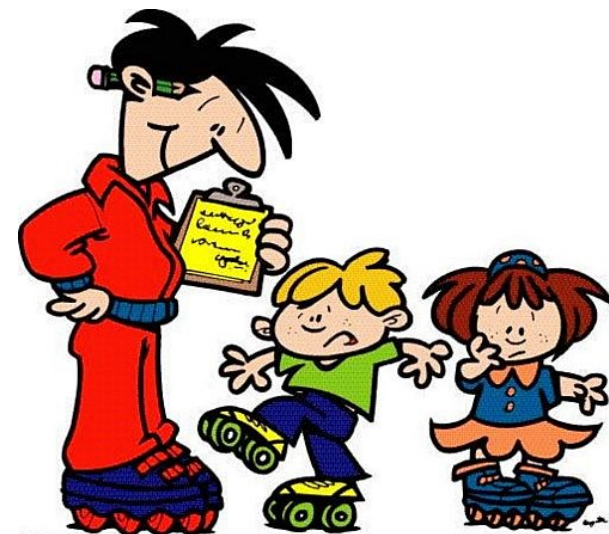


United Skates of America  
1276 Hicksville Rd.  
Seaford, NY 11783

Limited Spaces Available!

# Winter 2010 Lessons

at



**1276 Hicksville Rd  
Seaford, NY 11783  
516-795-5474  
www.unitedskates.com**

## Monday Lessons

Our 6 week program has something to offer all ages. On Monday we run a 1 hour lesson program beginning with a 15 minute warm-up, followed by a 30 minute group lesson. After the lesson, we play a game and practice what we learned.

## Sunday Lessons

Our Sunday morning 6 week program has something to offer children of all ages. On Sunday mornings we run a 1 hour lesson program from 9:15AM-10:15 AM or 10:30AM-11:30AM beginning with a 15 minute warm-up, followed by a 30 minute group lesson. After the lesson, we play a game and practice what we learned.

## Winter Lessons 2010

Sunday Lessons 9:15-10:15 AM Children (4-13yrs)  
10:30-11:30 AM Children (4-13 yrs)  
1/10, 1/24, 1/31, 2/7, 2/21, 2/28

Monday Lessons 6-7PM Children (4-13 yrs)  
7-8 Teens/ Adults (14yrs & up)  
1/11, 1/25, 2/1, 2/8, 2/22, 3/1

**\*\*No Classes 1/17, 1/18, 2/14, 2/15**

\*Registration and full payment are due no later than December 30th.

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### Make-Up Policy

Due to time constraints and class size, missed classes cannot be made up or reimbursed. We can give you a Guest Pass to a public session to make up for the class.

You will receive a **FREE ADMISSION CARD** valid for public sessions, at the first class. All members of our lesson program receive free admission and skate rental for *unlimited public skating sessions* while enrolled in the 6 week program.

Sorry card is not valid for special events and is non-transferable. Card must be presented at the door before entering the building.

### Lesson Rules

1. Please check in at the skate counter upon arrival.
2. Please return rental skates and wrist guards to the skate counter at the end of the class
3. Only soft soled shoes can be worn on skate floor when walking beginners around.
4. No **gum chewing** or food permitted in the building.

## ▶ Description of Class Skills

Please Note: Not All Skills Are Covered In One 6 Week Session

### Basic 1

- Sit down/stand up
- Safety in falling
- Forward Marching on carpet
- Heel/toe stop
- Forward Glide
- Shoot the Duck

### Basic 2

- Forward Glide/Stroking
- Forward Scissor
- Backwards March
- Skiing/ Forward
- Shoot the Duck
- Heel/Toe Stop
- Basic Jumping

### Basic 3

- Forward Glide/Stroking
- Forward Scissor
- Backward Scissor
- Skiing/ Forward
- Jump and Turn
- Shoot the Duck

### Basic 4

- Forward Glide/Stroking
- Glide/Stride/stopping
- Forward Crossovers
- Backwards Scissor
- Backward Glide/Stride

### Basic 5

- Forward Glide/Stride
- Backward Glide/Stride/Stopping
- Forward Crossovers
- Figure 8 Crossovers
- Basic Spins and turns

Please one registrant per form. Please read and sign reverse side.

## Lesson Registration Form

Age Group	Day	Time	Price
<input type="checkbox"/> Children	Monday	6-7 PM	\$80
<input type="checkbox"/> Teens/Adult	Monday	7-8 PM	\$80
<input type="checkbox"/> Children	Sunday	9:15-10:15 AM	\$80
<input type="checkbox"/> Children	Sunday	10:30-11:30 AM	\$80

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_

Method of Payment-*Sorry We Do Not Accept Checks*

- Cash       VISA       AMEX  
 MasterCard       Discover

Credit Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_

### *Office Use Only*

Class Enrolling In: (Please check one)

- Basic 1       Basic 2  
 Basic 3       Basic 4  
 Basic 5      **Start Date:** \_\_\_\_\_

### Meet Our Lesson Director:

**Lisa Ingenito**

Lisa has been skating for over 20 years and has been teaching lessons at United Skates for the past 14 years. In addition to her skating abilities Lisa is also a New York State Certified Teacher.

### Meet Our Senior Lesson Instructor:

**John Harper**

John has been skating for almost 20 years and has been teaching lessons for over 10 years. John has been playing roller hockey for 11 years and has been voted MVP of the Bulldogs Hockey Team after winning the Suffolk County Championship. He was also voted Best Offenseman of the Year and MVP of the Suffolk County All Star Team.