

2010 SUMMER FIGURE SKATING PROGRAM

Come and train with National, International, World & Olympic Coaches and Skaters at Florida's 1st twin Ice Rink Facility



255 Forest Lakes Blvd. N. Oldsmar, FL 34677 (813)854-4010 www.tbsa.com



Tampa Bay Skating Academy

Classes Available:

POWER & EDGE – FEATURES – STYLE & DRAMA - SKATER BALLET

***NEW* Moves in the Field Freestyle Session**

POWER & EDGE (P&E): 30 minute class. This class will focus on building power, strength, and endurance as well as teaching the importance of edge quality to all aspects of skating.

FEATURES (FTR): 30 minute class. This class will focus on the artistic movements & footwork of skating. Emphasis will be placed on connecting steps for jumps and spins as these are very important to a well balanced program. Class will include instruction on the rules for the new IJS judging system.

STYLE & DRAMA (S&D): 30 minute class. This class will focus on program choreography which enhances any skating program. It will also teach the theatrical qualities that will make your competitive program stand alone. Skaters will learn creativity and expressiveness as it relates to the rhythm and character of music. Each class will be focusing on a different theme of music.

SKATER BALLET CLASS (BALLET): 45 minute Ballet Class at Hope U Dance Studio... Tuesdays 10:00-10:45am. Control, Flexibility, Posture, Balance, Strength are all very important parts of Ballet, as well as Skating. We have designed this class specifically for Ice Skaters and it will focus on the core areas of Ballet that will help enhance your artistic skating ability. This class will be offered every Tuesday throughout the summer and will be included in the "Summer Weekly Rate" of \$135 for unlimited freestyle sessions, and summer program classes.

MOVES IN THE FIELD FREESTYLE (MIF FS): 30 minute Freestyle. This is a 30 minute on-ice session where the time spent in each of 3 different directions/patterns will be monitored. There will be 10 minutes spent on each direction/pattern. Private lessons are allowed on this session and ALL SKATERS MUST ONLY PRACTICE USFS MOVES IN THE FIELD TEST ELEMENTS during this 30 minute session.

PAYMENT PROCEDURES FOR THE ABOVE CLASSES AND MOVES IN THE FIELD FREESTYLE ARE AS FOLLOWS:

PAYMENT MUST BE MADE AT THE FRONT DESK BEFORE TAKING THE ICE OR GOING TO THE BALLET STUDIO

Moves Freestyle Session - \$10.00 Class Walk On's - \$16.00 Use your Pass Cards: - 10 @ \$126.00 / 20 @ \$ 225.00 Weekly UNLIMITED Rate - \$135.00

NEW this Summer... 3-DAY WEEKLY TRAINING CAMP

MONDAY - WEDNESDAY - FRIDAY

Camp is Pre-Registration Only. All camp registrations must be completed by the Sunday before camp week begins. Camps will only be offered for 6 select weeks during the summer. (6/14-6/18, 6/21-6/25, 6/28-7/2, 7/26-7/30, 8/9-8/13, 8/16-8/20)

- Skaters will be supervised from 9am – 3:00pm
- Camp includes:
 - 8:45-9:00am - Arrive and get skates on
 - 9:00-9:30am - Daily Summer Program Class (Power & Edge, Features, or Style & Drama)
 - 9:30-9:45am - Snack/Rest
 - 9:45-10:30am & 10:30-11:15am - 2 freestyle sessions each day
 - 11:30am-12:30pm - Lunch/Skating Related Activity... Lunch is not included
You may bring a bag lunch or purchase your lunch at Slap Shots Grill
 - 12:30-2:00pm - Supervised Public Skating Session
 - 2:00-2:30pm – Snack/Rest
 - 2:30-3:00pm – Off Ice Education/Activity Class (class taught by TBSA Staff coach)
 - 3:00-3:15pm – Pick Up

3-Day Rate: \$99

1-Day Rate: \$39

Must Pre Register. Registration can be completed by phone or in person at TBSA Oldsmar

Please see 3-day training camp flyer for registration form.

For more information, please contact Nicole Weinstein, Skating Director (813)854-4010 ext.112 nicole@funleaguegroup.com

3-DAY SUMMER WEEKLY TRAINING CAMP



MONDAY - WEDNESDAY - FRIDAY



June 14–18, June 21–25, June 28–July 2, July 26–30, August 9–13, August 16-20

Open to all skaters ISI Freestyle 1 and above & all USFS skaters

Camp is Pre-Registration Only. All camp registrations must be completed & paid for by the Sunday before camp week begins. Camps will only be offered for 6 select weeks during the summer.

- Skaters will be supervised from 9am – 3:00pm
- Camp includes:
 - 8:45-9:00am - Arrive and get skates on
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***3-Day Rate: \$99 1-Day Rate: \$39**

***If you are already paying the \$135 weekly rate, you can join this camp at no extra cost but you must register by the Sunday before the camp week begins.**

**Must Pre Register. Registration can only be completed by phone or in person at TBSA Oldsmar
Please fill out registration form below and turn in with payment at front desk.**

For more information, please contact Nicole Weinstein, Skating Director (813)854-4010 ext.112 nicole@funleaguegroup.com

-----**FRONT DESK STAFF:** CUT HERE AND RETURN TOP PORTION TO CUSTOMER... BOTTOM GOES TO NICOLE WITH RECEIPT ATTACHED-----

Skater Name: _____ Age: _____ Level: ISI _____ USFS _____

Parent's Name: _____ Emergency Phone #: _____

Parent's Email Address: _____ Coach Name: _____

CIRCLE which week(s) you will be attending:

June 14–18 * June 21–25 * June 28–July 2 * July 26–30 * August 9–13 * August 16-20

FRONT DESK USE ONLY... form must be filled out completely!

Date: _____ Amount Paid: _____ Cashier Signature: _____

FRONT DESK STAFF: A LIABILITY RELEASE WAIVER MUST BE SIGNED ALONG WITH EACH REGISTRATION AT THE TIME OF PAYMENT. Thank You