

Skate School Tips



- Please arrive at least 15 minutes prior to the beginning of class.
- Bike helmets are strongly recommended for Snowplow Sam- Basic 2
- Dress warmly. Don't forget your gloves or mittens.

It's Great to Skate!

What's the next step for my skater?

The Bridge Program

The Triangle SportsPlex will offer this comprehensive program in April for seven weeks. The bridge program is designed to introduce skaters to all of the figure skating disciplines. There is also a weekly parent's education class to provide more information about the sport, from proper fitting boots to competitions and testing opportunities.

The Bridge Program is open to Basic 3- Freeskate 6, no-test and pre-preliminary and preliminary level skaters. Classes will be divided into groups with similar skill levels. For more information, please contact Jame Gaster at 919-644-0339.

Skate School Registration

Name: _____

DOB _____ Age _____ Male/Female

Address _____

City _____ St _____ Zip _____

Parent/Guardian _____

Phone# _____

Current Email _____

Emergency Name _____ Phone _____

Please check day and level

___ Tuesday 4:00-4:30 pm ___ Thursday 5:45-6:15 pm

___ Saturday 12:15-12:45 pm ___ Saturday 12:45-1:15 pm

Snowplow Sam 1 2 3 Basic 1 2 3 4 5 6 7 8

Freeskate 1 2 3 4 5 6 Adult 1 2 3 4

Fee\$120

Upon entering any program sponsored by the Triangle SportsPlex, you voluntarily and knowingly accept and assume all risks and release and hold harmless Recreation Factory Partners, LLC dba, Triangle SportsPlex, its affiliates, their sponsors and officials from any liability therefore. Participant's parent(s)/guardian(s) agrees to release and hold harmless Recreation Factory Partners, LLC dba, Triangle SportsPlex of all claims or causes of action by whomever or wherever made or presented for participants injury, property damage wrongful death.

Signature: _____ (parent/
guardian)

Date: _____