



# Oxford Skating Club

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*Come join us for OSC*



*Wednesdays*

*Starting Wednesday, January 7, 2009*

*10 weeks of Wednesday night classes open to OSC Members with skating skills equal to (Gamma, Delta & FS 1) through (FS2 and higher).*

The OSC Wednesday Package includes:

**6:45pm-7:15pm Off-ice Classes**

- Off-ice classes will focus on a variety of topics including competition readiness, testing, nutrition, core conditioning, ballet, presentation, sports psychology

**7:30pm-8pm On-ice Classes**

- **On-ice focus will be to participate in one of the following two on ice programs:**
  - **Option #1. Participate in choreographed program as part of an FS1 to FS5 ISI Compulsory Freestyle Team (6 skaters). Team level will be based on number of interested participants skating levels.** An ISI Team Compulsory team is made up of 6 skaters that perform a routine to music with each skater on the team 'stepping out' and performing one of the required elements for that skating level. The **goal** of this group is to perform at the Miami Open on February 13-15, 2009 at Goggin Ice Center, Oxford Ohio.
  - **Option #2 is to focus on perfecting your freestyle elements** including jumps, spins, spirals, spread eagles, stroking, ISI Competition Event Preparations. The **goal** of this group is to utilize these skills in your upcoming test sessions or in event competitions this season.

**8pm-8:45pm Freestyle Session**

- This freestyle session is available **ONLY** to those participating in the Wed night program. Private lesson are encouraged on this low attended session.

## **All this for only \$245.00!**

Compare this deal to the cost of paying for 10 freestyle sessions (at \$7 each) and your skater getting 10 weeks of 30 minute off-ice classes with a coach (at least \$12 per 30 min. in coaching fees) and 30 minutes of valuable on-ice instruction (at least \$12 per 30 min. in coaching fees) at a much lower cost! In addition, skaters will have time to work on their individual freestyle skills after class or hire a private coach during this time.

**An excellent preparation for upcoming competitions and test sessions!**

**Don't delay, sign up right away – LESSONS BEGIN THIS WEDNESDAY NIGHT.**

Sign up today using the sign-up sheet below (check payable to OSC) or sign-up and pay (via PayPal) on the website: [www.oxfordskateclub.com](http://www.oxfordskateclub.com).

Payment due by January 14<sup>th</sup>.

I don't want to miss out on this incredible offer so sign me up for 10 Wednesdays

January 7, 14, 21, 28, February 4, 11, 18, 25 and March 4, 11

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone number \_\_\_\_\_

Email Address \_\_\_\_\_

Freestyle Skating Level \_\_\_\_\_

Please turn in this form even if you pay online.

**This is an OSC Club Program.**

**OSC Membership is required to participate.**