



Oxford Skating Club

Come join us for the OSC Wednesday Ice Program Starting January 6, 2010

*10 weeks of Wednesday ice offerings open to OSC Members only,
limited to the first 15 skaters who register with payment.*

The OSC Wednesday Ice Program includes:

6:45pm – 7:15pm Off-ice Classes

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

7:30pm – 8pm On-ice classes

On-ice classes will focus on in-depth freestyle skills and key ice dance elements, and touch on the new moves in the field requirements. We will build on skills learned last semester by including more jump and spin combinations. However, since we will have two on-ice instructors we will be able to accommodate skaters who have not taken this class in the fall.

8pm – 8:45pm Freestyle session

This freestyle session is available only to the skaters participating in the OSC Wednesday Ice Program. Skaters may practice individually or arrange for lessons with their coach.

All this for only \$200.00!

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! (\$31 per session x 10 session = \$310 value for only \$200.00!!) In addition, skaters will have time to work on their individual freestyle skills during the Freestyle session after class or hire a private coach during this time.

An excellent preparation for upcoming competitions and test sessions!

Don't lose out on this incredible value. Sign up today using the attached sign-up sheet (check payable to OSC) or sign-up and pay (via PayPal) on the website:

www.oxfordskateclub.com

I don't want to miss out on this – sign me up for the OSC Wednesdays Ice Program

January 6, 13, 20, 27; February 3, 10, 17, 24; March 3, 10.

Name _____
Address _____
Telephone number _____
Freestyle Skating level _____

Make check for \$200 payable to Oxford Skating Club. Please write OSC Wednesdays in the memo line of your check.
Or you may pay online via PayPal. Please turn in this form even if you pay online.

**This is an OSC Club Program.
OSC Membership is required to participate.**