



Oxford Skating Club

Come join us for the OSC Wednesday Ice Program Starting September 8, 2010

*14 weeks of Wednesday ice offerings open to OSC Members only,
limited to the first 16 skaters who register with payment.*

The OSC Wednesday Ice Program includes:

6:45 pm – 7:15 pm Off-ice Class

Off-ice classes will focus on a variety of topics, including strength & conditioning; jump class; performance; competition and test prep; learn to draw turns, step sequences, and moves-in-the-field.

7:30 pm – 8:00 pm On-ice classes

On-ice classes will focus on in-depth freestyle skills, such as basic spin positions; combination spins; basic toe and edge jumps; jump combinations; specialty moves; presentation, as well as footwork incorporating ISI dance sequences, Moves and Synchro elements.

8:00 pm – 8:45 pm 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 \$275

Compare this deal to the cost of paying for 14 freestyle sessions (at \$7 each) and your skater getting 14 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 14 session = \$434 value for only \$275). In addition, skaters will have time to work on their individual freestyle skills after class or hire a private coach during this time.

This is one awesome deal!

But wait, that is not all!

Enroll in our special 8-session sprint course for higher level Moves skaters and learn basic figure eights and loops for the higher level moves tests. This is a great way to practice important skills that you never might have the opportunity to learn for a special price of only **\$125** (includes 8 on-ice session and the use of 8-8:45 pm freestyle session but no off-ice instruction)

An excellent preparation for upcoming competitions and test sessions!

I don't want to miss out on this – sign me up for

- [] **the full Wednesday Ice Program – 14 session off-ice, on-ice, and freestyle ice**
Dates: Sep. 8, 15, 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10, 17; Dec. 1, 8, 15

- [] **Keep me posted – I am interested in the sprint course for higher level moves tests – 8 sessions on-ice and freestyle ice**
Dates: will start in October, details to be announced soon.

Please turn this in at the Goggin desk (ask to put in OSC mailbox)

<p>Name _____</p> <p>Address _____</p> <p>Telephone number _____</p> <p>Freestyle Skating level _____</p>

Make check for \$275 (full program) or \$125 (sprint course) 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 at the Goggin desk even if you pay online.

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