

# Figure Skating Summer 2022

Mennen Sports Arena will be offering a consistent schedule of freestyle sessions, Monday—Friday, from 6:00am-3:30pm throughout the summer. These sessions are for Aspire Bridge level skaters and above. The packaging of the program is so that you can skate as little or as much as you would like!

Would you like to be here all day and spend the summer skating, participating in off-ice classes and having lunch with your friends, then sign-up for a weekly package. You can create the schedule that best suits your needs and training.

Off-Ice training will be offered in the form of a dance class and a plyometrics class. These classes will be split by level and will be high and low classes. The dance classes include stretching, ballet, theatre, interpretation, choreography. The Plyometrics classes include exercise focusing on core strength conditioning, HIIT exercises, plyometrics and cardiovascular fitness. Skaters have freestyle sessions in which to practice their skills and take private lessons. If you are not currently taking private lessons please call Mennen's Skating School for lesson details.

Additionally, every Wednesday after the last freestyle session of the day, we will have an off-ice class that will focus on a variety of skating related themes including: Costume Decorating, You Be the Judge, The History of Skating, the Science of Skating, IJS 101

## Registration:

Registration Starts April 15th.

If you should have any additional questions, please feel free to reach out to Lisa Blue in the Skating School office at 973/775-9366 or email at [lblue@morrisparks.net](mailto:lblue@morrisparks.net)

Follow us at Mennen Sports Arena



# Figure Skating Summer 2022

For Skaters  
Aspire Bridge Level  
& Above

July 5th—August 26th

enjoy the  
experience

morris county park commission

## Silver Package Pricing

(includes 2 freestyles, off-ice classes)

| Week | Dates        | 2 Days | 3 Days | 4 Days | 5 Days |
|------|--------------|--------|--------|--------|--------|
| 1    | July 5-8     | \$125  | \$175  | \$225  | X      |
| 2    | July 11-15   | \$125  | \$175  | \$225  | \$275  |
| 3    | July 18-22   | \$125  | \$175  | \$225  | \$275  |
| 4    | July 25-29   | \$125  | \$175  | \$225  | \$275  |
| 5    | August 1-5   | \$125  | \$175  | \$225  | \$275  |
| 6    | August 8-12  | \$125  | \$175  | \$225  | \$275  |
| 7    | August 15-19 | \$125  | \$175  | \$225  | \$275  |
| 8    | August 22-26 | \$125  | \$175  | \$225  | \$275  |

## Gold Package Pricing

(includes 3 freestyles, off-ice classes)

| Week | Dates        | 2 Days | 3 Days | 4 Days | 5 Days |
|------|--------------|--------|--------|--------|--------|
| 1    | July 5-8     | \$150  | \$200  | \$250  | X      |
| 2    | July 11-15   | \$150  | \$200  | \$250  | \$300  |
| 3    | July 18-22   | \$150  | \$200  | \$250  | \$300  |
| 4    | July 25-29   | \$150  | \$200  | \$250  | \$300  |
| 5    | August 1-5   | \$150  | \$200  | \$250  | \$300  |
| 6    | August 8-12  | \$150  | \$200  | \$250  | \$300  |
| 7    | August 15-19 | \$150  | \$200  | \$250  | \$300  |
| 8    | August 22-26 | \$150  | \$200  | \$250  | \$300  |

## Daily Schedule

### Monday—Friday

|                      |  |
|----------------------|--|
| <b>6:00– 7:00am</b>  | <b>Freestyle Session</b>   |
| <b>7:00-8:30am</b>   | <b>Freestyle Session</b>   |
| <b>8:45-10:15am</b>  | <b>Freestyle Session</b>   |
| <i>10:30-11:15am</i> | <i>Dance (High, T &amp; W)</i><br><i>Plyo (High, M &amp; Th)</i> |
| <b>10:30-12:00am</b> | <b>Freestyle Session</b>   |
| <i>12:00-12:45pm</i> | <i>Dance (Low, T &amp; W)</i><br><i>Plyo (Low, M &amp; Th)</i>   |
| <b>12:15-1:45pm</b>  | <b>Freestyle Session</b>   |
| <b>2:00-3:30pm</b>   | <b>Freestyle Session</b>   |
| <b>3:45-5:15pm</b>   | <b>Freestyle Session</b><br><b>(M,W,F only)</b>                  |
| <i>3:45pm-4:45pm</i> | <i>Everything Skating</i><br><i>Class (Wednesday)</i>            |

### Additional Silver Package & Gold Package

#### Information:

**\*Skaters will be required to select specific dates and times that they will be skating, one week prior to their scheduled week.**

**\*\*On June 1st, the session date and time registration form will be emailed to you.**

## Non-Package Pricing

### Freestyle/Dance/Moves/Open Sessions

60 minutes: \$16.00

90 minutes: \$24.00

### Off-Ice Training Walk on Rates:

45 minutes: \$20.00

60 minutes: \$24.00

## Registration:

**Registration Starts April 15th.**

[www.morrisparks.net](http://www.morrisparks.net)

At the top select "Book Online".  
Under Mennen Arena select "Camps"