

NASHOBA VALLEY OLYMPIA
and the
COLONIAL FIGURE SKATING CLUB
present

***** SUMMER SKATE 2009 *****

Celebrating our 36th season!

June 29 –September 4, 2009

Nashoba Valley Olympia is pleased to offer a complete summer training session, which includes a wide variety of both on and off - ice programs geared specifically for figure skaters.

Advisor: DEBI LEEMING PSA Master Rated – Figures & Freestyle – National & International Coach



NASHOBA VALLEY OLYMPIA, INC.

P.O. Box 793

Acton, MA 01720-0793

Located at: 34 Massachusetts Ave., Rte. 111, Boxborough, MA 01719

Telephone 978-263-3020 Fax: 978-263-5831

www.skatenashoba.com email: nvo3@verizon.net

IMPORTANT INFORMATION

PROFESSIONALS include the staff of the Colonial Figure Skating Club and Nashoba Valley ISI. Guest professionals are welcome. **All professionals** are required to provide a **Certificate of Insurance** naming **Nashoba Valley Olympia, Inc.** and **Olympus Realty, Inc.** as additional insured.

ELIGIBILITY FOR SESSIONS - Eligibility for freestyle is based on the **freestyle test you have passed**. Eligibility for moves sessions is based on the **moves-in-the-field test you have passed**.

TEST LEVELS - Must be **currently** registered with **USFS OR ISI**. **Skaters with membership in USFS and ISI must use the USFS test level they have passed in booking their ice**. Non-members must include a copy of their membership card and proof of test level passed. Please check the ice schedule in this brochure for the appropriate time, session, and rink for your test level.

LOW TEST skaters are those who have **passed** the USFS Advanced Freestyle 2 to Juvenile or ISI Freestyle 2 - 8.

NO TEST skaters should be with a coach on a lesson and use designated sessions 12, 13, 14, 18, 20, 29, 30, 31, or 32.

HIGH TEST - Passed USFS Intermediate to Senior Test or the ISI Freestyle 8 and above. Juvenile tested skaters who have previously competed Regionals or will compete in Regionals 2009.

ICE DANCE - A total of 4 Open Dance sessions are available on Tuesday and Friday evenings. On sessions 33, 43, and 44 Freestyle or Dance may be skated from the preliminary to senior levels.

MOVES IN THE FIELD - Moves only sessions and moves/freestyle sessions are available.

POWER - HIGH Power classes are available Monday through Friday at 8:50 am. Juvenile skaters may skate on these sessions with the approval of their coach. **LOW** Power classes are on Monday, Wednesday and Friday at 9:30 am.

EDGE - Edge classes for Low Test skaters from Preliminary to Juvenile level are on Tuesday and Thursday at 9:30 am.

ADULT EDGE CLASS is held on Saturday morning from 8:00 am-8:45 am.

PAIRS - There are two pairs sessions daily. A total of 6 pairs will be allowed on each session. Freestyle skaters will not be able to pre-book these sessions, but may walk on if numbers permit. Check daily with the office. If there are less than 10 skaters on a regular freestyle session, **one pair** will be allowed. Pairs must indicate their test level and partner's name on their registration form. Sign-up is first come-first served.

OFF-ICE TRAINING - Off-ice programs include instruction in Kickboxing, Yoga, Ballet, Floor Bar, Jazz, Pilates Mat Classes, Stretch, and Weight Training. Separate brochures for these programs are included or available through the instructors.

HARNESS - Harnesses are owned exclusively by the Colonial Figure Skating Club and may only be used by Colonial Figure Skating Club coaches and members.

RATES

	PREBOOKED	WALK-ON
FREESTYLE, MOVES, OPEN DANCE	\$ 10.00	\$ 13.00
ADULT EDGE CLASS	\$ 18.00	\$ 22.00
EDGE or POWER CLASS (15 MINUTES)	\$ 6.00	\$ 8.00

APPLICATION INFORMATION

Members of the Colonial Figure Skating Club and the Nashoba Valley ISI will be given a **priority deadline of Wednesday, May 13**, on a first-come, first-served basis. Non-member applications will be dated and numbered upon receipt, but **will not be booked until after the May 13 member deadline**. Confirmations will be sent. If a session you request is full, you will be wait-listed. You may **drop sessions or request schedule changes in writing until Monday, June 15**. Applications **to add ice** to an **original** summer ice booking will be accepted until **Thursday, July 2, 2009**. After this date, all ice will be on a walk-on basis. Discounts for members apply to their **original** application only.

Please note the following dates for cancelled ice sessions or changes when booking your ice and lessons:

Sat, Sun-July 4, 5	Week 1	Closed - Independence Day Weekend
Thursday, July 30	Week 5	USFS Test Session & Judges Critique (Regular Sessions begin at 4:50 pm)
Friday, August 7	Week 6	Sessions 28-31 cancelled due to Sunny Skates Exhibition
Thursday, August 27	Week 9	USFS Test Session (Regular Sessions begin at 4:50 pm)

A 25 % DEPOSIT must accompany your application in order to reserve your ice. **NVO DOES NOT ACCEPT CREDIT CARDS**. The balance is due on or before the first day of Summer Skate, June 29. MEMBERS: Discount information on back page. No refunds will be given after the start of Summer Skate except for medical reasons, verified by a doctor's note-no exceptions. Please call the Nashoba Valley Olympia office at 978-263-3020, if you have any questions.

**NASHOBA VALLEY OLYMPIA, INC.
SUMMER SKATE 2009 SCHEDULE
June 29-September 4, 2009**

DAILY SCHEDULE RINK 1-2-3 MONDAY-FRIDAY

RINK 1		RINK 2		RINK 3	
HIGH TEST - USFS <i>Intermediate -Senior</i> <i>or ISI FREESTYLE 8-10 (see broch.)</i>		NO TEST-USFS JUVENILE LEVEL <i>or ISI ALPHA-FREESTYLE 7 (see broch.)</i>		SESSIONS BY LEVEL	
1	7:10-7:55 High Moves/Freestyle	12	6:55-7:40 No Test -Juv Moves/Freestyle	21	6:45-7:30 Prel-Sr FS/ISI FS 4+ up
2	8:05-8:50 High Freestyle	13	7:50-8:35 No Test-Juv Freestyle	22	7:40-8:25 Pre Prel -Sr Moves/Freestyle
3	8:50-9:05 High Power	14	8:45-9:30 No Test-Juv Freestyle	23	8:35-9:20 Juv-Sr FS/ISI FS 5 + up
4	9:15-10:00 High Freestyle	15	9:30-9:45 Power M-W-F, Edge T-Th	24	9:30-10:15 PrePrel-Juv FS/ISI FS 4-5
5	10:10-10:55 High Moves	16	9:55-10:40 Low Freestyle	25	10:25-11:10 Juv-Sr FS/ISI FS 5 + up
6	11:05-11:50 High Freestyle	17	10:50-11:35 Low Moves/Freestyle	26	11:20-12:05 Int-Sr FS/ISI FS 8 + up
7	12:00-12:45 Pairs/Fs (Max 6prs)	18	11:45-12:30 No Test -Juv Freestyle	27	12:15-1:00 Juv-Sr Moves/Freestyle
8	12:55-1:40 Pairs/Fs (Max 6prs)	19	12:40-1:25 Low Freestyle	28	1:10-1:55 Juv- Sr Freestyle
9	1:50-2:35 High Moves/Freestyle	20	1:35-2:20 No Test to Juv. Moves/Free	29	2:05-2:50 No test-Juv Moves/Freestyle
10	2:45-3:30 High Moves/Freestyle			30	3:00-3:45 No test-Juv Freestyle
11	3:40-4:25 Pre-Juv to Sr Freestyle			31	3:55-4:40* No test-Juv Freestyle
	<i>One pair will be allowed on sessions with less than 10 skaters.</i>			32	4:50-5:35* No test- Juv Moves/Freestyle
				33	5:45-6:30* Pre-Sr Freestyle-Mon/Wed or 5:45-6:30* Pre- Sr Free/Dance-Tu/Th/Fri
					*Sessions # 31,32, 33 will not be held on <u>Wednesday</u> - Weeks 6-10 due to CFSC Basic Skills Classes

EVENINGS - RINK 3 - MONDAY-FRIDAY

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
34	6:40-7:25 Pre- Sr Moves/Freestyle	37	6:40-7:25 Pre- Sr Moves/Freestyle	40	6:40-7:25 Weeks 1-5 Pre-Sr Moves/Freestyle	43	6:40-7:25 Pre- Sr Free/Dance	44	6:40-7:25 Pre- Sr Free/Dance
35	7:35-8:20 Adult Freestyle	38	7:35-8:20 Open Dance	41	7:35-8:20 Weeks 1-5 Adult Freestyle			45	7:35-8:20 Open Dance
36	8:30-9:15 Adult Freestyle	39	8:20-9:05 Open Dance	42	8:30-9:15 Weeks 1-5 Adult Freestyle			46	8:20-9:05 Open Dance
				x	Weeks 6-10 CFSC Basic Skills & CFSC Sync		Weeks 6-10 CFSC Sync		

SATURDAY SCHEDULE (No Sessions Saturday 7/4 and 9/5)

	RINK 1			RINK 3	
	HIGH & LOW TEST			ADULT SESSIONS	
47	8:15-9:00 am	Moves/Freestyle	52	8:00-8:45 am	Adult Edge Class* - Minimum 6 wks
48	9:15-10:00 am	Moves/Freestyle	53	9:00-9:45 am	Adult Moves/Freestyle
49	10:15-11:00 am	Moves/Freestyle	54	10:00-10:45 am	Adult Moves/Freestyle
50	11:15-12:00 am	Moves/Freestyle			
51	12:15-1:00 pm	Moves/Freestyle			

NVO reserves the right to cancel session due to low enrollment

"SUMMER SKATE 2009"

IMPORTANT APPLICATION DATES

Member Priority Deadline	Wednesday, May 13	CFSC & Nashoba Valley ISI Members
Drop Ice Deadline	Monday, June 15	All drops or changes must be in writing
Member Discount Deadline	Wednesday, June 17	Last day to reserve ice with discount
Add Ice Deadline	Thursday, July 2	All adds must be in writing
Balances Due	Monday, June 29	Members –the balance due on the statement reflects the discount

NVO reserves the right to cancel sessions due to low participation. Confirmation schedules and statements are sent to all skaters.

Watch our bulletin boards for guest speakers, seminars, judge's critique and exhibition information open to all registered skaters at NVO.

DISCOUNTS FOR MEMBERS

Current members of the Colonial Figure Skating Club (CFSC) and Nashoba Valley ISI who make no schedule changes after their ice is reserved (booked) may deduct 10% off of their original ice booking when they reserve their ice by **Wednesday, June 17** and pay their balance on or before June 29. The balance on your statement is the balance due after the discount has been applied. Discounts not taken at the time of payment may only be applied toward additional ice and will not be refunded. Discounts are void after the June 29 payment deadline.

REMINDERS

Ice is reserved on a first-come/first served basis (not by seniority).

Return applications as soon as possible after planning lessons with your coaches. Discounts are voided if schedule changes are made.

Applications must be **complete and signed** in order to reserve your ice. Incomplete applications will be returned without being booked.

Include a 25% deposit with your application. Checks made payable to Nashoba Valley Olympia, Inc. NVO does not accept credit cards. Applications received without a deposit will not be booked.

Mail applications, deposits and balances to: **Nashoba Valley Olympia, Inc.**
P O Box 793
Acton, MA 01720-0793

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