

NASHOBA VALLEY OLYMPIA
and the
COLONIAL FIGURE SKATING CLUB
present
***** SUMMER SKATE 2010*****

Celebrating our 37th season!

June 28 –September 3, 2010

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 e-mail: nvo3@verizon.net

IMPORTANT INFORMATION

PROFESSIONALS include the staff of the Colonial Figure Skating Club and Nashoba Valley ISI. All professionals are welcome and 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 a session is based on the **test you have passed.**

TEST LEVELS & RINK

RINK 1 - HIGH TEST skaters have passed tests from USFS Juvenile to USFS Senior or ISI Freestyle 7 to ISI Freestyle 10.

RINK 2 - LOW TEST skaters have No Tests through USFS Juvenile or are ISI Beginners through ISI Freestyle 6. Skaters who have not passed any tests should be working with their coach.

RINK 3 - All sessions are USFS No Test to Senior or ISI Beginner to Freestyle 10 unless otherwise designated. Skaters must be registered with USFS OR ISI. Skaters from other rinks must include a copy of their membership card and proof of test level passed.

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

ICE DANCE – A total of 4 Open Dance sessions are available on Tuesday and Friday evenings. There are several other sessions on which dance, freestyle or moves may be done. See the enclosed schedules.

ARTISTRY IN MOTION Class will be held on Monday and Friday from 8:50 am on Rink 1 (See enclosed flyer for details)

POWER- LOW Power classes are available Monday through Friday at 9:30 am on Rink 2. (See Test Levels)

POWER- HIGH Power classes are available Tuesday through Thursday at 8:50 am on Rink 2. (See Test Levels)

PAIRS – There are two pairs sessions daily. A total of 6 pairs will be allowed on each session. **Up to 5 freestyle skaters, novice and above, will be allowed to book the pairs sessions. Walk-ons for freestyle on the pairs sessions will not be allowed.** Pairs have the right-of-way at all times on these two sessions. Pairs must indicate their test level and partner's name on registration form.

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	\$14.00
PAIRS SESSIONS (No switches to or walk-ons for freestyle skaters)	\$14.00	\$18.00 Pairs only
ADULT EDGE CLASS	\$18.00	\$ 23.00
POWER CLASS or ARTISTRY IN MOTION CLASS (15 MINUTES) See flyer.	\$ 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 12**, 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 12th 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 Tuesday, June 15.** Applications **to add ice** to an **original** summer ice booking will be accepted until **Thursday, July 1, 2010.** After this date, all ice will be on a walk-on basis.

Enclosed in this packet is a calendar of competition dates and special events to help in planning your summer skating. Also, please note the following dates when booking your ice and lessons.

Fri, Sat, Sun-July 2, 3, 4	Week 1	Closed - Independence Day Weekend
Wed, Thur, July 6-7	Week 2	Annie's Edges with Annie Shelter (see enclosed flyer)
Thursday, July 22	Week 4	USFS Test Session (Walk-on Sessions to be determined)
Thursday, August 19	Week 8	USFS Test Session (Walk-on Sessions to be determined)
Thursday, August 19	Week 8	"Sunny Skates Exhibition" at 2:30 pm followed by a Public Skate with the Stars. Those who attend the "Sunny Skates Exhibition" will have free entry to the Public Skate.

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 28. 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 2010
SCHEDULE
June 28-September 3, 2010

DAILY SCHEDULE RINK 1-2-3 MONDAY - FRIDAY

	RINK 1			RINK 2			RINK 3	
	HIGH TEST - USFS Juvenile -Senior or ISI FREESTYLE 7-10 (see brochure)			NO TEST-USFS JUVENILE LEVELor ISI Beginner to -FREESTYLE 6 (see brochure)			All Sessions USFS No Test to Senior or ISI Beginner to Freestyle 10 unless designated	
1	7:10-7:55	High Freestyle/Moves	12	6:55-7:40	No Test -Juv Freestyle/Moves	21	6:45-7:30	Freestyle / Moves
2	8:05-8:50	High Freestyle/Moves	13	7:50-8:35	No Test -Juv Freestyle/Moves	22	7:40-8:25	Freestyle / Moves
3	8:50-9:05	M & F Artistry/T,W, Th Hi Power	14	8:45-9:30	No Test -Juv Freestyle/Moves	23	8:35-9:20	Freestyle / Moves
4	9:15-10:00	High Freestyle/Moves	15	9:30-9:45	Power	24	9:30-10:15	Freestyle / Moves
5	10:10-10:55	High Freestyle	16	9:55-10:40	No Test -Juv Freestyle/Moves	25	10:25-11:10	Freestyle / Moves
6	11:05-11:50	High Freestyle	17	10:50-11:35	No Test -Juv Freestyle/Moves	26	11:20-12:05	Freestyle / Moves
7	12:00-12:45	Pairs/FS (Max 6prs + 5 FS reg)	18	11:45-12:30	No Test -Juv Freestyle/Moves	27	12:15-1:00	Juv-Sr Freestyle/Moves
8	12:55-1:40	Pairs/FS (Max 6prs + 5 FS reg)	19	12:40-1:25	No Test -Juv Freestyle/Moves	28	1:10-1:55	Juv-Sr Freestyle/Moves
9	1:50-2:35	High Freestyle/Moves	20	1:35-2:20	No Test -Juv Freestyle/Moves	29	2:05-2:50	Freestyle / Moves
10	2:45-3:30	High Freestyle/Moves				30	3:00-3:45	Freestyle / Moves
11	3:40-4:25	Open Freestyle /Moves				31	3:55-4:40*	Freestyle / Moves
						32	4:50-5:35*	Freestyle /Dance/Moves
	One pair will be allowed on sessions with less than 10 skaters.					33	5:45-6:30*	Freestyle/Dance/Moves
	Session 7 & 8 -No Switches to or Walk-ons for Freestyle skaters.							*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	Open Freestyle, Dance or Moves	37	6:40-7:25	Open Freestyle, Dance or Moves	40	Weeks 1-5 (only) 6:40-7:25	Open Freestyle, Dance or Moves	43	6:40-7:25	Open Freestyle, Dance or Moves	44	6:40-7:25	Open Freestyle, Dance or Moves
35	7:35-8:20	Adult Freestyle	38	7:35-8:20	Open Dance	41	Weeks 1-5 7:35-8:20	Adult Freestyle				45	7:35-8:20	Open Dance
36	8:30-9:15	Adult Freestyle	39	8:20-9:05	Open Dance	42	Weeks 1-5 8:30-9:15	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 7/3 and 9/4)

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

NVO reserves the right to cancel sessions due to low enrollment.

"SUMMER SKATE 2010"

IMPORTANT APPLICATION DATES

Member Priority Deadline	Wednesday, May 12	CFSC & Nashoba Valley ISI Members
Drop Ice Deadline	Tuesday, June 15	All drops or changes must be in writing
Balances Due	Monday, June 28	Payments due in full
Add Ice Deadline	Thursday, July 1	All adds must be in writing

It is suggested that all applications be returned as soon as possible to have the best chance for your requested ice.

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

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.

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

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

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

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

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