

## BRIDGE CLASSES

Bridge classes are for skaters Basic 4 and above. Bridge classes help transition skaters from basic skills into figure skating and synchronized skating. It will allow skaters to try different aspects of skating to see what they like. This is a lower cost alternative to go beyond your regular group lesson class and transition into other aspects of skating as well as private lessons. Bridge Classes Offered:

### INTRO TO SYNCHRO-Exhibition Class

Intro to synchronized skating is for skaters currently working on Basic 4 and above. The curriculum of the class is to introduce skaters to synchro and teach them the fundamentals and basic skills that will become the building blocks for future success in synchronized skating. This class is taught by the Head Coach of the Southern CT Synchronized Skating Program and can be used as a progression onto their competitive teams.

**REQUIREMENTS: BASIC 4 & ABOVE**

### SKILLS CLASS

For any skater who has passed preliminary moves or higher. This class will focus on edges and turns needed to progress in skating.

**REQUIREMENTS: Passed Preliminary Moves or Higher**

### MOVES IN THE FIELD CLASS

An introduction to moves in the field; must have passed Pre- Freestyle. Moves in the field is a technical discipline designed to improve skaters abilities in areas such as stroking, turns, and edge work. This class will teach skaters the required moves in order to go in front of USFS judges to test. This class is for skaters who are interested in continuing beyond the basics and into freestyle skating or into synchronized skating. Once you have taken the class for a couple of sessions you will need to take private lessons in order to prepare for the test.

**Pre-Preliminary and Preliminary Moves Only!**

**REQUIREMENTS: FREESTYLE 1 & ABOVE**

### USFSA ANNUAL MEMBERSHIP

Annual Learn to Skate membership is mandatory for all skaters in our lesson program and is due when registering for any cycle of lessons. The fee is a once a year cost of \$20.00 per skater.

## SUMMER CAMP

### Basic Skills/Freestyle/Intro to Hockey

### Beginner Skaters thru Freestyle Levels

### Ages 5 and Up

Full Day: 8:30am-4:00pm OR

Half Day: 8:30am-12:30pm OR 12:00-4:00pm

Half Day Hockey: 10:00a-2:00p or 12:00-4:00pm

2024 Camp Dates  
June 17 thru August 16

**SYNCHRONIZED SKATING**  
[www.terryconnerssynchro.org](http://www.terryconnerssynchro.org)

The Skating Club of Southern CT currently has 3 synchronized skating teams – **Sprites, Shimmers, & Shadows**. They train year round and perform in competitions and exhibitions.

**Sprites** are an Invitational Beginner Team. Team selection is based on coach evaluation and try-outs. The team will participate in competitions and exhibitions; the skater must be working on Basic 5. The skater must also improve their skating skills by continuing with the basic badge classes.

**Shimmers** are a Pre-Juvenile Competitive Team. They travel and compete in exhibitions and competitions throughout the east coast area. Skaters must have passed pre-preliminary moves in the field or higher. Team selection is by try-outs.

**Shadows** are an Open Juvenile Competitive Team. They will travel and compete throughout the east coast area and perform in numerous exhibitions. The age requirement is 13-18. Skaters must have passed their juvenile moves in the field or higher and preliminary freestyle; team selection is by try-outs.

President: Kristen Stops [info@southernctsynchro.com](mailto:info@southernctsynchro.com)

Head Coach: Gina Valenzano [Gvalenz210@aol.com](mailto:Gvalenz210@aol.com)



# TERRY CONNERS



## RINK

## Group Ice

## Skating Lessons

### Information Guide



**Rink Email:**

[terryconners@stamfordct.gov](mailto:terryconners@stamfordct.gov)

[WWW.TCRINK.COM](http://WWW.TCRINK.COM)

1125 Cove Road, Stamford, CT

**203-977-4728**

## FORMAT

Terry Conners offers group lessons that teach skaters the fundamentals of ice skating. Our program incorporates the Learn to Skate badge system. Every class is taught by qualified skating professionals. Supervised practices are overseen by staff professionals and trained assistants.

## PROCEDURES

- ❖ All classes, times and instructors are subject to change. Classes may be combined or cancelled due to low enrollment or closed due to high enrollment. There is a 15 skater maximum per class.
- ❖ If a child is not registered for the proper class listed on their progress card or if they are too advanced for the class or not keeping up with the class then they will be moved into the appropriate class.
- ❖ Progress evaluation will take place during the last two weeks of each cycle. A progress card will be given to the skaters to evaluate each skill element required at their level. It is important that all skills on each level are mastered and can be done successfully a couple of times in a row before moving on to the next level. **Some levels will require more than one cycle in order to be completed.**
- ❖ Registration is accepted in person at Terry Conners Rink at 1125 Cove Road in Stamford or by phone with a credit card at 203-977-4728. Please see our lobby or website [www.tcrink.com](http://www.tcrink.com) for class times. Payment for the entire cycle is required at time of registration. Registration is ongoing until the 3<sup>rd</sup> week into the cycle. After week 3 no more registrations will be accepted.
- ❖ Children are not to be left in the Ice Rink without their parent or guardian. Parents/guardians must stay inside the rink building at all times.
- ❖ Parents will not be allowed to watch classes from the hockey box; it is a distraction to the skaters and coaches. You can watch skaters from bleacher and lobby areas.
- ❖ **Make-Up Classes:** We do not offer make-up classes. The Rink will only have make-up classes for inclement weather, if the Rink cancels the lesson.
- ❖ In case of inclement weather call the rink office for cancellations (203-977-4728) or check our website. We do not follow the school cancellation schedule.
- ❖ If you have any concerns about your 3 year old child being able to participate in a group lesson please bring it to the attention of the office staff when you register. Sometimes 3 year olds are not ready for skating and waiting an extra session might be recommended.

## MEETING YOUR INSTRUCTOR

- ❖ Students should enter the ice through the hockey box on the office side of the rink and will be directed to your class and instructor; please wear your name tag.
- ❖ Parents will not be allowed to stay in the hockey box during class time; parents should watch from the bleacher or lobby area.

## EQUIPMENT

- ❖ Rental skates should be the same size as your child's shoe size.
- ❖ Skates should fit snug, be laced all the way up, and tied tightly for proper ankle support. There should not be too much room in the toes; toes should almost touch the front of the skate.
- ❖ It is recommended that all skaters Basic 3 and up buy their own skates. You can purchase new or used skates at either Instant Replay Sports: 4 Largo Drive, Stamford, CT 203-322-7502 OR Blueline Sports: 55 Old Kings Highway North, Darien, CT 203-656-0324.
- ❖ Skates should be sharpened every 15-20 uses.
- ❖ Bicycle helmets should be worn by beginners and any child under the age of 8.
- ❖ Gloves/Mittens should be worn at all times.
- ❖ Clothing should be warm but it should not restrict your child's movement.
- ❖ No long scarves should be worn at any time.
- ❖ No DOUBLE RUNNER SKATES.

## PRACTICING

- ❖ To get the most out of classes it is recommended that your child practice at least one other time each week for at least 20 minutes on the skills they do in class. Your child will progress a lot faster practicing outside of the group lesson program.
- ❖ If your child is having trouble keeping up with the class or you feel they are falling behind private lessons may help them catch up. You can schedule a private lesson with your child's group lesson instructor, any other instructor, or leave your name and phone number in the office and someone will contact you.
- ❖ Private lessons and extra practice can be done on the Public Sessions on Saturdays and Sundays 12:30-2:10pm.

## CLASS DESCRIPTIONS

### SNOWPLOW SAM 1, 2, 3, 4

These classes are for children ages 3, 4 & 5 years old and will allow them to become comfortable on the ice. They will develop coordination and strength which will help them progress through the levels.

### BASIC LEVELS 1 THRU 6

Basic Levels are for ages 6 thru 17 years old. Each skater will be placed in the level that is appropriate for their skills and will advance at their own pace.

### PRE FREESTYLE

This class is for skaters who have passed Basic 6. This class was formerly the Basic 7 and Basic 8 levels. This will be an introduction to the Freestyle classes; upon completion skates will advance to Freestyle 1.

### FREESTYLE 1 THRU 6

Each Freestyle level is divided into four sections; Moves in the Field, Dance, Spins, and Jumps. All elements should be mastered before the skater advances to the next level. When you reach the Free Skate levels it is a good time to start introducing private lessons into your skating.

### ADVANCED FREESTYLE CLINIC

For any skater who has passed Freestyle 6 or higher and wants to continue working on higher freestyle skills. Skaters will work on a variety of jumps, spins, and moves.

### INTRO TO HOCKEY

Intro to Hockey is for 4-9 year olds who have passed SS4 or Basic 2. **Full hockey equipment is required.** Sticks are not allowed in the practice area and are only used during lesson time.

### INTRO TO SYNCHRO Exhibition Class

This class is for skaters that are in Basic 4 or above. Skaters in the class will perform in an exhibition at Terry Conners Rink in March. This is a great way for skaters to see if they like synchronized skating and would like to pursue it more competitively.