



## **“It’s Great to Skate” at Union Sports Arena**

**Union Sports Arena to offer Free “Learn to Skate” sessions on January 17, 2005**

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For Further Information:  
Ken or Marcia Anderson  
908-687-8610  
ken@unionsportsarena.com

UNION, NEW JERSEY – Union Sports Arena, in Union NJ, will be offering the “It’s Great to Skate” ice skating clinic for area residents on Monday, January 17, 2005 (Martin Luther King Day) during the Public Skating sessions at 12:00 PM and 3:30 PM on that day. This program is being offered in conjunction with the United States Figure Skating Association’s National Skating Week – scheduled for January 15-23, 2005.

Designed for beginners, the Arena’s staff will provide a free 30-minute group lesson during the Public Skating session. Both adults and children are welcome to participate in these free lessons. Helmets are strongly suggested for children under 10 years old. The cost to participate in the regular Public Skating session is \$6 admission and \$4 to rent skates.

National Skating Week is a program organized by the United States Figure Skating Association to introduce the U.S. Figure Skating Basic Skills Program to new skaters. The objectives of the Basic Skills Program are:

1. To provide a fun and safe skating experience for the beginner as well as the more advanced skater.
2. To teach correct technique of the basic elements of skating.
3. To develop a finer degree of coordination and balance.
4. To promote physical fitness.
5. To promote and celebrate ice skating as a family recreational activity.
6. To have fun!

“We’ve seen a large growth in the popularity of ice skating as a recreational activity, just in the 2 years since we opened” said Union Sports Arena Program Director Marcia Anderson. “Over that time, we’ve had over 400 children and adults participate in our ‘Learn to Skate’ program.”

Union Sports Arena features a regulation NHL-size ice rink (200’ by 85’), a 5000+ square foot indoor soccer center, the Athletic Edge athletic performance enhancement training center, the Center Ice Hockey pro shop, 5 party/meeting rooms, seating for 300-400 observers and a heated café/observation area. The facility has been open since last November 2002 when local High School and Youth Hockey teams started using it as a practice and game facility.

As Union County’s only fully enclosed ice skating facility, the Arena offers a wide range of ice skating programs on a year-round basis. The programs currently available include Learn to Skate, Public Skating, Group Skating, Developmental Hockey Clinics, Freestyle Ice Time, Youth and Adult Open Hockey, Family Hockey, Summer Camps, Birthday Parties and Youth and Adult Hockey Leagues.

In addition to these programs, Union Sports Arena is the home ice facility for the Jersey Penguins youth hockey program, the Jersey Wildcats Junior C hockey program, as well as the Governor Livingston High School, Jonathan Dayton High School and Watchung Hills High School hockey teams. Several other high schools, including Summit, Montville and Millburn, use Union Sports Arena as a practice facility. Lastly, Seton Hall University has recently begun calling Union Sports Arena “home”.

For further information about Union Sports Arena and the programs that are offered, call 908-687-8610 or visit [www.unionsportsarena.com](http://www.unionsportsarena.com) on the web.