



Fall Contract dates - Sept. 5 - Dec. 23, 2017

CONTRACT REGISTRATION FORM

Contracts are due by September 30: A \$30 late fee will be assessed after this date

Skater's Name: (First) _____ (Middle Initial) _____ (Last) _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____ Circle: Male or Female

Home Phone Number: _____ Parent E-mail Address: _____

Father's Name: _____ Work Phone: _____ Cell Phone: _____

Mother's Name: _____ Work Phone: _____ Cell Phone: _____

Emergency Contact Other Than Parents: _____ Emergency Contact Phone Number: _____

Coach(es): _____ **HIGHEST FREESTYLE TEST PASSED:** _____

Home Club: _____ Second Club: _____ USFSA #: _____

X	Time	CLASS	RATE	# WKS	TOTAL
MONDAY					
	6:00 - 7:00 AM	G	\$10.00	15	\$150.00
	7:00 - 8:00 AM	G	\$10.00	15	\$150.00
	8:00 - 9:00 AM	G	\$10.00	15	\$150.00
	1:40 - 2:40 PM	G	\$10.00	15	\$150.00
	2:20 - 3:20 PM	H (Rink 1)	\$11.00	15	\$165.00
	2:40 - 3:40 PM	G	\$10.00	15	\$150.00
	3:50 - 4:50 PM	G	\$11.00	15	\$165.00
	4:50 - 5:50 PM	G	\$11.00	15	\$165.00
	6:00 - 6:50 PM	Jump	\$10.00	15	\$150.00
TUESDAY					
	6:00 - 7:00 AM	G	\$10.00	16	\$160.00
	7:00 - 8:00 AM	G	\$10.00	16	\$160.00
	8:00 - 9:00 AM	G	\$10.00	16	\$160.00
	1:40 - 2:40 PM	G	\$10.00	16	\$160.00
	2:40 - 3:40 PM	G	\$10.00	16	\$160.00
	3:50 - 4:50 PM	H	\$11.00	16	\$176.00
	4:50 - 5:50 PM	G	\$11.00	16	\$176.00
	5:50 - 6:20 PM	G	\$5.50	16	\$88.00
	5:30 - 6:30 PM	Theater/Dance through MSU-High			
	6:30 - 7:30 PM	Theater/Dance through MSU-Low			
WEDNESDAY					
	6:00 - 7:00 AM	G	\$10.00	16	\$160.00
	7:00 - 8:00 AM	G	\$10.00	16	\$160.00
	8:00 - 9:00 AM	G	\$10.00	16	\$160.00
	9:00 - 10:00 AM	G	\$10.00	16	\$160.00
	1:40 - 2:40 PM	G	\$10.00	16	\$160.00
	2:40 - 3:40 PM	G	\$10.00	16	\$160.00
	2:50 - 3:50 PM	H (Rink 1)	\$11.00	16	\$176.00
	3:50 - 4:50 PM	G	\$11.00	16	\$176.00
	4:50 - 5:20 PM	G	\$5.50	16	\$88.00
	5:30 - 6:20 PM	Yoga	Zeke Francisco		
THURSDAY					
	6:00 - 7:00 AM	G	\$10.00	15	\$150.00
	7:00 - 8:00 AM	G	\$10.00	15	\$150.00
	8:00 - 9:00 AM	G	\$10.00	15	\$150.00
	1:40 - 2:40 PM	G	\$10.00	15	\$150.00
	2:40 - 3:40 PM	G	\$10.00	15	\$150.00
	3:50 - 4:50 PM	G	\$11.00	15	\$165.00
	4:50 - 5:50 PM	G	\$11.00	15	\$165.00
Important Dates: No Ice on 11/23					
FRIDAY					
	1:40 - 2:40 PM	Int.	\$10.00	14	\$140.00
	2:40 - 3:40 PM	G	\$10.00	14	\$140.00
	3:50 - 4:50 PM	H	\$11.00	14	\$154.00
	4:50 - 5:50 PM	G	\$11.00	14	\$154.00
	5:50 - 6:20 PM	G	\$5.50	14	\$77.00
Important Dates: No Contract Ice on 11/24 (Drop-In Ice available); No Ice 12/1					
SATURDAY					
	6:10 - 7:10 AM	G	\$10.00	15	\$150.00
	7:10 - 8:10 AM	G	\$10.00	15	\$150.00
	8:10 - 8:40 AM	Stroking	\$6.00	12	\$72.00
	8:50 - 9:50 AM	Int.	\$10.00	15	\$150.00
	9:50 - 10:50 AM	G	\$10.00	13	\$130.00
	11:00 - 12:00 PM	Dance	Cassidy Isaacson		
Important Dates: No 9:50-10:50am session on 9/9 & 11/4; No Ice on 12/2 No Stroking on the following dates: 9/16, 10/21, 11/25, 12/2					

Session	Cost	Quantity	Total \$
Freestyle	\$10.00		
Prime Time	\$11.00		
1/2 hr	\$5.50 <small>(specified sessions only)</small>		
Stroking	\$6.00		
Jump Class	\$10.00		
Yoga	Punchcard	Pay Zeke Directly	
Dance	Punchcard	Pay Cassidy Directly	
Theatre	Punchcard	Pay Karen Directly	
Late Fee	\$30 <small>(if after Sept. 30)</small>		

PAYMENT INFORMATION

- Please make checks payable to: SUBURBAN ICE-EAST LANSING. If paying by check or cash you must provide a Credit Card # below. Credit card will only be charged in the event of an overdue payment.
- A \$40 bank fee will be charged for all returned checks, \$25 fee for each month a payment is late.

NO REFUND OR CREDIT WILL BE GIVEN FOR DELETIONS TO CONTRACT.

PAYMENT PLANS (please circle desired plan)
*CONTRACTS UNDER \$300 MUST BE PAID IN FULL

TWO-PAYMENT PLAN
(with a \$300 minimum contract)
1ST PMT: Due with contract
2ND PMT: Due Oct. 20, 2017

THREE-PAYMENT PLAN
(with a \$600 minimum contract)
1ST PMT: Due with contract
2ND PMT: Due Oct. 20, 2017
3RD PMT: Due Dec. 11, 2017

PAYMENT METHOD

Visa AmEx MasterCard Money Order Cash Check# _____

Card Number _____

Exp. Date _____ Security Code _____

Name of Cardholder _____

Signature _____

FOR OFFICE USE ONLY:

Contract Total: _____ Number of Payments Remaining: _____

1st Payment Amount: _____ Amount per Payment: _____

2nd Payment Amount: _____ Remaining Amount: _____

3rd Payment Amount: _____ Remaining Amount: _____

IMPORTANT INFORMATION

PROPER SKATING ATTIRE IS REQUIRED ON ALL FREESTYLE SESSIONS. NO SNOWPANTS, HELMETS, JEANS OR HOODS

- Ice must be purchased in hour blocks with the exception of the 5:50-6:20pm sessions on Tuesdays and Fridays, and the 4:50-5:20pm session on Wednesdays
- No basic skills level skaters are allowed on the 3:50-4:50 sessions Monday - Friday
- Drop in rate is \$16/hr. and \$8.00/half hr.
- **THIS SCHEDULE IS SUBJECT TO CHANGE. CREDITS WILL BE ISSUED IF SCHEDULING CONFLICTS OCCUR.**

LEVEL RESTRICTIONS ACCORDING TO TESTS PASSED

- **(G) General:** No test (No basic skills skaters 3:50-4:50pm)
- **(H) High:** Juv IJS through Senior FS (No Open-Juv, Dance, MIF, or Pairs)
- **(Int.) Intermediate:** Axels and above, ONLY MIF and FS
- No Hockey Skating can be taught on Freestyle Ice. **No hockey skates allowed on Freestyle.**

Changes- A change is a switch of a day or time for the duration of the contract. In order to receive credit for missed ice time, you must email Erin with the exact sessions (date and times) that were missed.

PLEASE SEE REVERSE SIDE FOR A DESCRIPTION OF OUR OFF-ICE PROGRAM CLASSES AND INSTRUCTORS

FALL OFF-ICE AT THE MAC

This program is being run exclusively through the MAC and will begin **August 28th!** It is essential that you look closely at the information attached, as there is important payment information as well as date and time changes throughout the summer. Any and all questions related to this program should be directed to Melissa Morelli at MMorelli@themac.org.



FIGURE SKATING TRAINING SCHEDULE

Fall Session 1: August 28 – October 13. Must register by August 25

Fall Session 2: October 30 – Dec 22. Must register by October 9

(No classes week of November 20 for Thanksgiving)

Fall 2017

Sparrow Michigan Athletic Club is pleased to present this schedule for Figure Skating Athlete Training for your Competitive Figure Skating program.

NOTE:

- Please review specific dates and times for the classes as the class days and times will change when the participants are out of school for the summer. The schedule will be altered to meet the fall skating schedule.
- Fall Session 1 registration needs to be completed by August 21.
- Fall Session 2 registration needs to be completed by October 9.

Upon completion of review of this schedule should you have any questions please contact your Sparrow Michigan Athletic Club representative, Melissa Morelli, Group Fitness Manager.

We look forward to working with you.

Pro-Rating is not available for this program.

2 DAYS PER WEEK PKG – 13 CLASSES (STR/PILATES)

- Monday, 6:15pm, Training with JP
- Friday Pilates with Kerry
 - 5:45pm – Girls who skate until 5:30pm
 - 6:30pm – Girls who skate until 6:20pm

Price: Members: \$222
Guests: \$276

2 DAY PACKAGE INCLUDES:

- Strength training on Mondays from 6:15-7pm with Justin Patnoudé
- Includes Vertimax when applicable
- Dates: Aug 28, Sep 11, 18 & 25, Oct 2 & 9
- Pilates training on Fridays from 5:45-6:30p for girls who skate until 5:30
- Pilates training on Fridays from 6:30-7:15p for girls who skate until 6:20
- Pilates training will include Tower, Reformer, Barrel, Chair and Aerial
- Dates: Sep 1, 8, 15, 22 & 29, Oct 6 & 13

**PLUS PACKAGE: 2 DAYS PER WEEK PKG – 13 CLASSES
(STR/PILATES):**

This package includes the 2 days per week package PLUS

- 2 small smoothies per week (or a total of 14 per session)

Price: Members: \$289

Guests: \$349

Smoothie choices include:

- Energy Booster: Carrot juice, Strawberries, Peaches, Pineapple, Protein Powder, Water
- Immunity Booster: Raspberries, Blueberries, Pineapple, Protein Powder, White Cranberry Juice
- Muscle Builder: Bananas, Graham Cracker Crumbs, Protein Powder, Skim Milk, Ice
- Recovery: Strawberries Bananas Pineapple, Protein Powder, White Cranberry
- CJ: Strawberries, Blueberries, Banana, Flax Seed, Protein Powder, Water, Ice

Girls can call the MAC restaurant on their way over from the ice rink to the MAC and order their smoothies if they would like them ready when they get here. 517.364.8884. They can stop by the restaurant and pick them up on their way to their training session. They will need to initial for it on a tracking sheet.

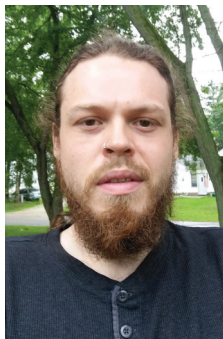
They could also order it post workout and come to the restaurant and order in person

- For those participating in Pilates, please attend your scheduled time.
- Prices have been adjusted accordingly to this schedule.
- No class makeups available.
- Prices and schedule set as is.
- Pro-rating not available for training packages as the prices are already heavily discounted.
- HHQ must be completed by parent/guardian prior to lessons. Will be emailed to you with completed registration.

OFF-ICE TRAINING at Suburban Ice

INSTRUCTORS & CLASS DESCRIPTIONS

YOGA - ZEKE FRANCISCO



Zeke will be taking over from Sarah Thormier with her assistance. Our aim is to continue her method of practice and teaching. Constructed with a yoga background and the collaboration of coach's suggestions, these yoga classes are designed to complement your child's skating. The yoga classes have been formatted with the intention to reduce stress, increase confidence, strengthen muscles, and most importantly increase flexibility so that your skater can perform at his or her best. To get the most out of the hour-long class, some of the traditional yoga customs will be taken out and replaced with more time to focus on strengthening and stretching specific muscles that are crucial for skating.

A 10-class punch card is purchased from Zeke for \$100 prior to the beginning of classes.

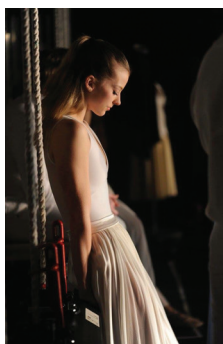
ABOUT ZEKE:

Zeke is originally from Jackson, Michigan. He is an instructor with Hilltop Yoga Studio in Lansing, which is also where he received his training. He has been teaching Yoga for almost 3 years and it has deeply impacted his life. From Zeke: "Yoga means to yoke or bring forth. The discipline of yoga helps to bring forth our true selves and detach from the pieces that are not serving our life. Yoga has helped me overcome the loss of my father, gain traction and direction in life and has helped me gain a sense of community."

Contact Information:

runthomhanksrun@gmail.com

DANCE - CASSIDY ISSACSON



Class will start with dynamic flexibility which will warm up your body before getting on the ice as well as increase mobility in your legs, back, neck and arms. Next I will focus on core, leg and back strengthening exercises for on ice balance and stability. Lastly I will work on presentation and performance quality so on the ice you appear effortless and professional.

A 10-class punch card is purchased from Cassidy for \$100 prior to the beginning of classes.

ABOUT CASSIDY:

Cassidy has extensive training in ballet, jazz, contemporary, lyrical, modern and gymnastics. This training started in Redmond Washington at 4 years of age at a local dance studio called Gotta Dance. Soon after that she progressed to Pacific Northwest Ballet School and private training. She has attended summer intensives with Long Beach Ballet, the Juilliard School and Grand Rapids Ballet. She is now going into my 7th professional year dancing with the Grand Rapids Ballet Company.

Contact Information:

isaacson.c@gmail.com
425-635-8910

THEATRE/DANCE - KAREN VANCE



The objective of this class is to help our skaters connect with their music, learn the language of storytelling, character development and most importantly to improve their expression on the ice. We have teamed up with the Michigan State University Theatre and Dance department to develop a class which will be unique, fun and helpful!

A 10-class punch card is purchased from Karen for \$120 prior to the beginning of classes.

ABOUT KAREN:

Karen Vance is a third year MFA- Acting candidate at MSU in the Department of Theatre. Karen has a BFA in Acting from Roosevelt University's Chicago College of Performing Arts. Before coming to MSU, Karen was a professional actor, dancer and choreographer in the Chicago area. Along with extensive training and experience in acting, Karen has 24 years of dance training and experience in Ballet, Contemporary, Jazz, Hip Hop, Aerial and Musical Theatre; as well as almost ten years of choreographic experience. Karen originally hails from Portland, Oregon.

Contact Information:

karenav64@gmail.com

JUMP CLASS

This class is designed to help your skater master the ability to practice jumps off-ice with proper technique for the purpose of warm-up routines and on-ice consistency. The course aims to instill balance, leg strength, increased rotational speed, and improve form and control of landings. Other primary focuses include coordination, agility, core strength, and flexibility. Taught by our own professional staff, this class is catered towards skaters of all ages and skill levels. Please check with your head coach before signing your skater up!

ON-ICE GROUP CLASS

STROKING & EDGE CLASS (ON ICE)

The aim of this on-ice class is to educate skaters on the different types of turns, improve depth and quality of edges, and increase skaters' flow across the ice. Other focuses include speed and agility, improved stamina, multi-directional skating and balance. Taught by our professional staff, this class is available to skaters of all ages and skill levels. Please check with your head coach before signing your skater up!

Waiver/Consent
Figure Skating Policies
Please read and sign

- *Suburban Ice East Lansing (SIEL) shall not be liable for any and all claims or actions of any kind whatsoever for injuries, damages, or losses of any kind to persons or property which may be sustained in connection with any SIEL activity.*
- *Recognizing the normal risk of skating on ice, I agree to skate at my own risk and to abide by all skating policies established by SIEL, the SIEL Management and/or professionals. SIEL assumes no responsibility for accidents on or off the ice, or damage to personal property.*
- *In the event an emergency situation arises, in which I/we are unable to be contacted or unavailable for immediate authorization, I/we give permission to _____ or if unavailable, to SIEL, to arrange for emergency procedures for the contracted skater at a local hospital, or by a physician, and agree to hold all parties harmless.*
- *SIEL reserves the right to cancel scheduled events without liability, other than reimbursement credit.*
- *SIEL is not responsible for lost, late, stolen, or misdirected mail.*
- *SIEL requires that ice contracts are turned in by the designated due date. A \$30 late fee will be applied to all contracts after the due date.*
- *A participant may use a 'makeup' for any missed sessions (for the same amount of missed sessions) within the current contract dates. Unused sessions **cannot** transfer to a future contract or punch cards. Credits will only be given upon injury with a doctor's letter documenting the injuries or illness.*
- *Participant acknowledges that during the course of participation in activities, SIEL may take photographs, audio recordings, and/or video recordings of participant. Participant hereby grants SIEL permission to use any and all such photographs, audio, or video recordings of the participant for advertising, promotional or educational purposes. Such use may include publication in programs, advertising, posters, flyers, radio, television, or other methods, and may be seen or heard by large numbers of individuals, including potential customers of SIEL. Participant waives all rights to any financial remuneration of any such use.*

Injury Policy

- *If a skater is unable to skate for 30 days or more due to any injury or illness, they may request that their contract be cancelled until the skater can resume full skating activities. This request should be in writing with a doctor's letter indicating the extent of the injury, to document the request. The contracted skater is responsible for paying their full membership and all ice contracted until SIEL is notified.*

Suburban Ice East Lansing Skater's Policies

1. ALL Skaters must check off their name in the Freestyle Contract Sheet binder, located at the front desk prior to getting on the ice.
2. If you are planning on using your contract time on another day, you must contact Erin Banner, via email, prior to the missed session.
3. Water or natural fruit juice only are allowed by the ice area. PLASTIC BOTTLES ONLY! Eating and chewing gum are not allowed on the ice.
4. Proper respect must be shown to all Professionals, off-ice instructors, and parents.
5. Do not interrupt Professionals while they are in a lesson.
6. SKATERS IN A PROGRAM OR LESSON HAVE THE RIGHT OF WAY.
7. Foul language and purposely kicking or gouging the ice is forbidden. You will be asked to leave the ice (by any coach), forfeiting your money for the session.
8. Hair should always be worn up, off the neck with bangs out of your eyes. Always keep extra hair bands and clips in your skating bag.
9. Please throw away tissues in the wastebasket located inside the music box area.
10. Spectators and Parents should view skaters from the lobby and bleachers only. Please do not communicate with your skater during a session unless it is an emergency.

I HAVE READ THE ABOVE RULES AND CONDITIONS, AND AGREE TO ADHERE TO THEM. I ALSO UNDERSTAND THAT I AM RESPONSIBLE FOR THE FULL PAYMENT OF THIS CONTRACT REGARDLESS OF CIRCUMSTANCE. CONTRACT WILL NOT BE HONORED WITHOUT SIGNATURE.

Parent/Guardian's Signature _____

Skater Signature _____



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