

WEDNESDAY													
X	Time	CLASS	June 20	June 27	July 4	July 11	July 18	July 25	Aug. 1	Aug. 8	Aug. 15	Aug. 22	Total
	6:00 - 7:40 AM	Coach Choice											
	6:50 - 7:50 AM	High Freestyle (R1)											
	7:40 - 8:40 AM	General Freestyle											
	7:50 - 8:50 AM	High Freestyle (R1)											
	8:50 - 9:50 AM	Int. Freestyle											
	10:00-11:00 AM	High Freestyle (IJS Only)											
	10:00-11:00 AM	Low Yoga with Sarah											
	11:10-12:10 PM	General Freestyle											
	11:10-12:00 PM	High Yoga with Sarah											
	12:10-12:40 PM	Power/Edge											
	12:50-1:50 PM	General Freestyle											
	5:30-6:30 PM	General Freestyle											

THURSDAY													
X	Time	CLASS	June 21	June 28	July 5	July 12	July 19	July 26	Aug. 2	Aug. 9	Aug. 16	Aug. 23	Total
	6:00 - 7:40 AM	Coach Choice											
	6:50 - 7:50 AM	High Freestyle (R1)											
	7:40 - 8:40 AM	General Freestyle											
	7:50 - 8:50 AM	High Freestyle (R1)											
	8:50 - 9:50 AM	Int. Freestyle											
	10:00-11:00 AM	High Freestyle (IJS Only)											
	10:00-11:00 AM	Low Ballet with Castille											
	*11:10-12:10 PM	General Freestyle											
	11:10-12:00 PM	High Ballet with Castille											
	12:10-12:40 PM	Power/Edge											
	12:50-1:50 PM	Off-Ice Jump Class											
PLEASE NOTE: WE WILL ONLY RUN THE JUMP CLASS IF WE HAVE AT LEAST 8 PARTICIPANTS. CONTRACT HOLDERS WILL BE REIMBURSED IF CLASS IS CANCELLED													
	12:50-1:50 PM	General Freestyle											
	1:20-2:50 PM	Coach Choice											

FRIDAY													
X	Time	CLASS	June 22	June 29	July 6	July 13	July 20	July 27	Aug. 3	Aug. 10	Aug. 17	Aug. 24	Total
	6:00 - 7:40 AM	Coach Choice											
	6:50 - 7:50 AM	High Freestyle (R1)											
	7:40 - 8:40 AM	General Freestyle											
	7:50 - 8:50 AM	High Freestyle (R1)											
	8:50 - 9:50 AM	Int. Freestyle											
	10:00-11:00 AM	High Freestyle (IJS Only)											
	11:10-12:10 PM	General Freestyle											
	12:10-1:50 PM	Coach Choice											
	4:30- 5:30 PM	General Freestyle											

Session	Cost	Quantity	Total \$
ON-ICE			
Freestyle	\$11.00		
Coach Choice	\$11.00 (1 Hour)		
Coach Choice	\$16 (1.5 Hours)		
Power/Edge	\$6.00		
OFF-ICE			
Dance	Purchase punchcard from Instructor		
MAC Program: Paid for through the MAC. See attached information			
Yoga	\$10.00	Pay Sarah Directly	
Jump Class	\$10.00		
TOTAL			
Late Fee	\$30 (if after June 15)		
TOTAL \$			

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 July. 9, 2018

THREE-PAYMENT PLAN

(with a \$600 minimum contract)

1ST PMT: Due with contract
2ND PMT: Due July. 9, 2018
3RD PMT: Due August 6, 2018

PAYMENT METHOD

Visa AmEx MasterCard Money Order Cash Check# _____

Card Number _____

Exp. Date _____ Security Code _____

Name of Cardholder _____

Signature _____

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.

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: _____

Changes 1

OFF-ICE TRAINING AT THE MICHIGAN ATHLETIC CLUB

For any questions regarding the programs being offered through the MAC should be directed to
Melissa Eyde at Meyde@themac.org or 517-364-8870

***The following information comes directly from Melissa Eyde and the MAC.
Suburban Ice East Lansing has no association with this program.**

Attached is the updated summer land training program at the MAC. Included are prices for all programs and the updated information regarding the Barre and Balance class on Wednesdays at 1pm.

Also attached are two forms:

1. The credit authorization
2. The member charge authorization

The form must be completed for auto pay PER each session. The forms can be scanned and emailed to meyde@themac.org. They can be dropped off at the Michigan Athletic Club

Or they can be mailed to:
Sparrow Michigan Athletic Club
2900 Hannah Boulevard
East Lansing, MI 48823
Attn: Melissa Eyde

Forms must be completed and received by the first class of the session. Should registration be incomplete, or should the form not be received by the first class the athlete will not be permitted to participate in the program until the appropriate documentation has been received. This will be in effect beginning June 1, due to the inconsistency of the program and increase situation of no payment in this program.



FIGURE SKATING TRAINING SCHEDULE

2018 Summer Session: June 18 – August 25 (10 weeks)

Program Plan Summer 2018

NEW SUMMER TRAINING PROGRAM!

This summer you athlete will be training in a focused, intense and specific manner for strength and Pilates. After assessing the current standings of the figures skaters over the last year, emphasis needs to be placed on: building core strength, building ankle strength, and strengthening the muscles in the legs – especially those that surround and support the knees and joints.

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

NOTES:

- Please review specific dates and times for the classes as the class days and times will change during the week of July 4 (July 2 – 6). The schedule will be altered to meet the needs of the trainers and skaters.
- There will be NO prorating approved nor any drop-in rates available this summer. This is not a feature of this program.

In order to run a successful program, participation minimums have been set. Options have been provided should minimums not be met. Due to space limitations and quality of services provided we have also set group maximums. Should we exceed the maximum we may be able to provide you additional alternatives and can schedule a time to meet to do so.

This summer session runs 10 weeks and will be priced at 9. PLUS package options are available, please see package information for details. Since we are pricing it at 9 weeks, please note we will plan to hold classes during the week of July 4 unless your trainer arranges another time to meet with the classes during another week.

We look forward to working with you.

Pro-Rating is not available for this program.

2 DAYS PER WEEK PKG – 20 CLASSES (STR/PILATES):

- Monday, 1pm, Training with JP (classes will be set as registration fills)
- Monday, 1:45pm, Training with JP
 - (Includes Strength and Vertimax training – With JP)
- Tuesday, Pilates with Kerry
 - 1pm – Girls who meet on Monday at 1:45pm with JP
 - 1:45pm – Girls who meet on Monday at 1pm with JP

Price: Members: \$380
Guests: \$456

2 DAYS PER WEEK PKG PLUS – 20 CLASSES (PLUS 10 SMOOTHIES):

- The above package plus 1 smoothie per week, or a total of 10 for the session: coupons provided and must be presented to The Courtside Grill at time of ordering.

Price: Members: \$430
Guests: \$506

- For those participating in this program, please attend your scheduled time.
- Prices have been adjusted accordingly to this schedule, priced at 18 lessons, 20 included
- No class makeups available. July 4th week will be scheduled to accommodate ALL participants.
- Prices and schedule set as is.
- Pro-rating not available for training packages as the prices are already heavily discounted.

****AUTO PAY AVAILABLE WITH COMPLETED CREDIT / MEMBER CHARGE FORM**

DANCE TRAINING ON THE NEXT PAGE

Pilates: Athletes will be divided into two groups. These groups will be determined by Kerry, Melissa and the Figure Skating coaches. Please consult your coach and attend your scheduled class time. Girls who train at 1pm on Mondays with JP will come at 1:45pm on Tuesdays with Kerry. Those who train at 1:45pm on Mondays with JP will come at 1pm on Tuesdays.

BARRE & BALANCE TRAINING

- Wednesday, 1pm – 2:15pm, Training with Melissa
 - Class minimum participation = 4
 - Class maximum participation = 12

Price: Members: \$85
Guests: \$100

• Class Dates:

- June 20
- July 18
- August 1
- August 15
- August 22

• Class Goals

- Posture
- core strength at the barre
- balance
- grace
- fluidity
- ankle strength
- stretch
- flexibility
- breath with movement

Private Lessons also available in addition to the program

- Personal Training with JP: \$75/session
- Private Session with Kerry: \$70/session
- Private Dance Lessons with Mary: \$60/session

Semi-private lessons available and pricing can be provided upon request.

Participants will be required to sign in each session to verify participation. Member accounts can be charged for any private sessions attended.

Guests are required to schedule private sessions through the trainer and pay for each session at the time of service. Valid credit cards may also be left on file to charge when a session occurs.

Health History Questionnaires must be completed for all new participants as each athlete will need one for our files.

Drop-In Rates for Strength and Pilates are not available for this program. Should your athlete not be able to participate in this summer program we invite them to schedule private and/or semi-private sessions with the instructors mentioned above. Please contact Melissa Eyde for more information.

FIGURE SKATING MAC LAND TRAINING MEMBER CHARGE AUTHORIZATION FORM

Participant Name: _____

Participant Age: _____

If age 13 or older, is the participant a MAC member? (circle) YES NO

Member Number: _____

Summer 2018

PLEASE CHECK THE CLASSES YOU WOULD LIKE TO REGISTER FOR:

_____ Strength / Pilates Combo:
 Strength Mondays w/ JP: 1pm/1:45pm PT office - trainer will place
 Pilates Tuesdays w/Kerry: 1pm/1:45pm Pilates Studio - trainer will place

_____ Barre & Balance:
 Wednesdays 1pm w/Melissa - Studio 2

Members:

\$ _____ \$380.00 Strength/Pilates Combo

\$ _____ \$430.00 Strength/Pilates Guest PLUS (with smoothie)

\$ _____ \$85.00 Barre & Balance

Guests:

\$ _____ \$456.00 Strength/Pilates Combo Guest Rate

\$ _____ \$506.00 Strength/Pilates Guest PLUS (with smoothie)

\$ _____ \$100.00 Barre & Balance Guest Rate

\$ _____ **TOTAL**

Signature X _____

By signing this form and providing your member account number you authorize us to charge your account in the total amount listed above.

**FIGURE SKATING MAC LAND TRAINING
CREDIT AUTHORIZATION FORM**

Participant Name: _____

Participant Age: _____

If age 13 or older, is the participant a MAC member? (circle) YES NO

Member Number: _____

Summer 2018

PLEASE CHECK THE CLASSES YOU WOULD LIKE TO REGISTER FOR:

_____ Strength / Pilates Combo:
Strength Mondays w/ JP: 1pm/1:45pm PT office - trainer will place
Pilates Tuesdays w/Kerry: 1pm/1:45pm Pilates Studio - trainer will place

_____ Barre & Balance:
Wednesdays 1pm w/Melissa - Studio 2

Members:

\$ _____ \$380.00 Strength/Pilates Combo

\$ _____ \$430.00 Strength/Pilates Guest PLUS (with smoothie)

\$ _____ \$85.00 Barre & Balance

Guests:

\$ _____ \$456.00 Strength/Pilates Combo Guest Rate

\$ _____ \$506.00 Strength/Pilates Guest PLUS (with smoothie)

\$ _____ \$100.00 Barre & Balance Guest Rate

\$ _____ **TOTAL**

Name as it appears on the Credit Card: _____

Credit Card Number: _____

Expiration Date: _____

Signature X _____

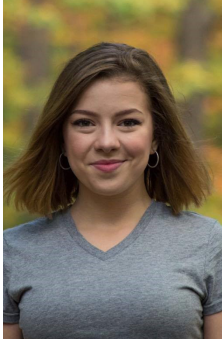
This will authorize us to charge the total amount listed above to your card



OFF-ICE TRAINING at Suburban Ice

INSTRUCTORS & CLASS DESCRIPTIONS

DANCE - CASTILLE NIERI



The goal of this class is to improve body alignment and coordination, develop balance and focus, increase flexibility and strength, and be able to apply dance technique into any performance. The class structure includes a 10 min warm-up, 20 min at the barre/ across the floor work, 10 min conditioning, and 20 min combo work, but will change depending on the class (Ballet, Modern, Musical Theatre). A combination class of modern and lyrical will run on Mondays, and a classic Ballet class will be Wednesdays.

A 10-class punch card is purchased from Castille prior to the beginning of classes for \$120.00.

ABOUT CASTILLE:

Castille has been performing for 19 years, dancing, acting and singing. She is trained in Jazz, Contemporary, Musical Theatre, Hip Hop, Ballet, Lyrical, Tap, Hula, Swing, African, Salsa, Pom, Mambo, Partnering, and Afro-Brazilian. She is a student at Michigan State University studying for a BA in Theatre with a Dance Minor and a Musical Theatre Minor. I am also going to be a teacher's assistant for the Musical Theatre Styles class at MSU in the Fall.

Shelby Deraedt Eppich will be working alongside Castille as well to run our dance program this summer. Shelby is also an undergraduate student in the Department of Theatre at Michigan State.

Contact Information:
castilledance@gmail.com

*You can also get updates from Castille using Remind101. Here's the link to sign-up: <https://www.remind.com/join/sidance>, or if you already have an account you can add our "class" at @sidance

YOGA - SARAH THORMEIER



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. **Please complete attached liability form and send with your skater for the first day of class.**

ABOUT SARAH:

Sarah is a mother, wife, and a 200hr certified yoga instructor. She graduated from Alma College in 2010 with a BA in Business Administration. In 2013 she completed a 200-hour Yoga Instructor training at Namaste in Royal Oak. Since, she's gained experience teaching all types of yoga classes to all ages for the past three years through the *Livonia Yoga Center* in Livonia, MI and *Miller in Motion* in Portland, MI.

Contact Information:
10sjohn@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

EDGE CLASS

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!

YOGA LIABILITY WAIVER

Yoga
Instructor Liability
Student Waiver Agreement

I _____ (student's name) understand that the yoga classes include physical movements as well as an opportunity for relaxation and relief of muscular tension.

Participation in this class includes, but is not limited to, participation in breathing techniques and performing various postures that involve strengthening muscles and increasing flexibility. Many postures are designed to exercise every part of the body—stretching and toning the muscles and joints, the spine, and the entire skeletal system. The postures also work on the internal organs, glands, and nerves. These classes will mostly focus on incorporating sustained stretching to increase flexibility. It will be an individual experience within a group setting.

As is in the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. My signature acknowledges that I understand that in yoga class I will progress at my own pace. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. If at any point I feel overexertion or fatigue, I will respect my body's limitations and I will rest before continuing.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. I affirm that I alone am responsible to decide whether to participate in these classes. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Sarah Thormeier.

By signing my name below, I acknowledge that participation in yoga exposes me to a possible risk of personal injury. I am fully aware of this risk and hereby release Sarah Thormeier from any and all liability, negligence or other claims arising from or in any way connected with my participation in her classes.

My signature further acknowledges that I shall not now or at any time in the future bring any legal action against Sarah Thormeier; and that this waiver is binding on me, my heirs, my spouse, my children, my legal representatives, my successors, and my assigns. My signature verifies that I am physically fit to participate in these classes and a licensed medical doctor has verified my physical condition for participation in this type of class.

If I am pregnant or become pregnant or am post-natal my signature verifies that I am participation in these classes with my doctor's full approval. I realize that I am participating in these classes at my own risk.

My signature is binding is binding to this liability waiver from this day forth.

Signature of student

Date

Signature of parent/guardian

Date

E-mail

**This form is required for your skater to attend Yoga class.
Please send completed form in on the first day!**

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 _____



2810 Hannah Blvd.
East Lansing, MI 48823
(517) 336-4272
suburbaniceeastlansing.com