



Fall Contract dates - Aug. 27 - Dec. 22, 2018 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	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
	2:20 - 3:20 PM	H (Rink 1)	\$11.00	15	\$165.00
	2:40 - 3:40 PM	G	\$10.00	16	\$160.00
	3:50 - 4:50 PM	G	\$11.00	16	\$176.00
	4:50 - 5:50 PM	G	\$11.00	16	\$176.00
Off-Ice at the MAC					
Important Dates: No 2:20 (H) on 8/27					
TUESDAY					
	6:00 - 7:00 AM	G	\$10.00	17	\$170.00
	7:00 - 8:00 AM	G	\$10.00	17	\$170.00
	8:00 - 9:00 AM	G	\$10.00	17	\$170.00
	1:40 - 2:40 PM	G	\$10.00	17	\$170.00
	2:40 - 3:40 PM	G	\$10.00	17	\$170.00
	3:50 - 4:50 PM	H	\$11.00	17	\$187.00
	4:50 - 5:50 PM	G	\$11.00	17	\$187.00
	5:50 - 6:20 PM	G	\$5.50	17	\$93.50
Off-Ice at the MAC					
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	17	\$170.00
	9:00 - 10:00 AM	G	\$10.00	17	\$170.00
	1:40 - 2:40 PM	G	\$10.00	17	\$170.00
	2:40 - 3:40 PM	G	\$10.00	17	\$170.00
	2:50 - 3:50 PM	H (Rink 1)	\$11.00	17	\$187.00
	3:50 - 4:50 PM	G	\$11.00	17	\$187.00
	4:50 - 5:20 PM	G	\$5.50	17	\$93.50
	5:30 - 6:20 PM	Yoga			Sarah Thormier
Important Dates: No 6:00 or 7:00am on 8/29					
THURSDAY					
	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	G	\$11.00	16	\$176.00
	4:50 - 5:50 PM	G	\$11.00	16	\$176.00
	6:00 - 6:45 PM	Jump Class	\$10.00	15	\$150.00
Important Dates: No ice on 11/22, No Jump Class on 10/18					
FRIDAY					
	1:40 - 2:40 PM	Int.	\$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	15	\$165.00
	5:50 - 6:20 PM	G	\$5.50	15	\$82.50
	6:00 - 6:30 PM	High Dance			Castille Nieri
	6:30 - 7:00 PM	Low Dance			Castille Nieri
Important Dates: No 4:50 or 5:50 on 9/7, No ice on 12/7, No Dance 10/19					
SATURDAY					
	6:10 - 7:10 AM	G	\$10.00	16	\$160.00
	7:10 - 8:10 AM	G	\$10.00	16	\$160.00
	8:10 - 8:40 AM	Stroking	\$6.00	15	\$90.00
	8:50 - 9:50 AM	Int.	\$10.00	15	\$150.00
	9:50 - 10:50 AM	G	\$10.00	15	\$150.00
	11:00 - 12:00 PM	Dance			Castille Nieri
Important Dates: No 8:50 or 9:50am on 9/8, No stroking on 10/20, No ice on 12/8					

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

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. 19, 2018

THREE-PAYMENT PLAN
(with a \$600 minimum contract)
1ST PMT: Due with contract
2ND PMT: Due Oct. 19, 2018
3RD PMT: Due Dec. 10, 2018

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! Further details of this program will come from the coordinator, Melissa Eyde. Any and all questions related to this program should be directed to Melissa at MEyde@themac.org. Please register in advance so that they can plan class times and instructors accordingly!



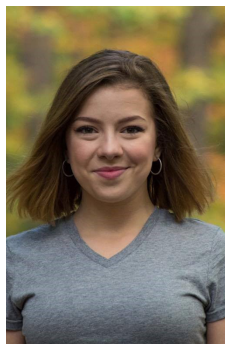
Fall Session 1: September 10 – October 27
(6 week session, no training the week of 10/15-10/20)

Fall Session 2: October 29 – December 22
(7 week session, no training the week of Thanksgiving)

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 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.

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

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!

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!**

***If your skater has previously signed a liability waiver for Yoga,
please disregard!***

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