

Acknowledgement of Risk & Waiver

READ AND SIGN WAIVER

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As the legal parent or guardian for the student registered in the learn to skate program, I hereby consent to the child's participation in the aforementioned program. I recognize that there are certain inherent risks associated with the activity of ice skating and acknowledge that the Carolina Ice Palace is not liable for an injury to or the death of a skater resulting from an inherent risk of skating. "Inherent risks" means those dangers which are an integral part of ice skating including and not limited to, injuries from incidental contact with other skaters, injuries which result from falls caused by loss of balance and injuries which involve objects or artificial structures properly within the intended path of travel of the skater.

I also agree to release the Carolina Ice Palace, LLC and J&A Associates, their directors, officers, owners, instructors, employees and agents from all liabilities and claims I or the named student may hereinafter have for all injuries, damages or expenses sustained by the student or his or her property.

I certify that I am aware of the risks associated with ice skating. This registration agreement and acknowledgment of risk and waiver of liability having been read thoroughly and understood completely, is signed voluntarily as to its content and intent.

Date _____
Parent/Guardian signature

Snowplow Sam- Tot Class Ages 4 and 5

Basic Skills Learn to Skate Registration Form

Session # 5 2010

Sept. 6th-October 30th 2010

REGISTRATION DEADLINE IS 9/1



\$85.00

*8 weeks

*30 minute lesson

*Skate rental

*Free passes

**additional day can be added

U. S. Figure Skating Eight Week Basic Skills Program

Include: Eight 30 minute lessons and free skate rental. Skaters will also receive 4 free skating passes to come practice

Cost: \$85.00 (skate rental included)

30 minute class- Skaters must exit ice immediately after lesson

ADD: 2nd class per week for \$60.00

ALL First time Students are required to pay an additional \$15.00 reg. fee which includes a US Figure Skating membership. (once per year)

Class Times: Monday 5:30pm -Friday 10:00am- Saturday 11:20am

IMPORTANT INFORMATION-Please keep for your records

U. S. Figure Skating Basic Skills Program Snowplow Sam Program

The Snowplow Sam levels are designed to help the pre-school age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy, white bear who loves to skate. Time in Snowplow Sam will allow preschool children to become comfortable on the ice.

Snowplow Sam 1

- A. Sit and stand up with skates on: Off Ice
- B. Sit and stand up: On Ice
- C. March in place
- D. March forward: 8-10 steps
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2

- A. March followed by a long glide
- B. Dip while moving
- C. Backward wiggles: 6 in a row
- D. Forward two-foot swizzles: 2-3 in a row
- E. Rocking horse: One forward - One backward swizzle action
- F. Two-foot hop in place

Snowplow Sam 3

- A. Forward skating: 8-10 steps
- B. Forward one-foot glide: R & L
- C. Forward swizzles: 4-6 in a row
- D. Backward swizzles: 4-6 in a row
- E. Forward snowplow stop w/skid
- F. Curves

LEARN TO SKATE REGISTRATION FORM

Skaters Name: _____ Age: _____
Birthdate: _____ Phone: _____
Parents Name: _____
Address: _____ Zip: _____
Email: _____

Please give email address if you want to receive important updates.

Important Parent Info:

Children develop skating skills at a slow pace at age 3 and 4. Once children reach age 5 you will see more progress. It's a big achievement for them to even stand and balance on those little skates on that slippery ice. Just remember this class focuses on achieving balance, improving coordination, providing physical fitness all while having FUN!!

Select your class:

Snowplow Sam 1 _____ (first time skaters ages 4 & 5)

Snowplow Sam 2 _____ (has passed SP 1)

Snowplow Sam 3 _____ (has passed SP 2)

Monday 5:30pm _____ Friday 10:00am _____ Sat. 11:20am _____

READ AND SIGN WAIVER ON BACK

STUDENT FEES

- *All students \$85.00 plus \$15.00 Registration fee +USFS membership (This fee is to be paid once a year)
- *2nd sibling \$76.00 *3rd sibling \$74.00
- *Parent \$25.00 (parent can accompany tot in class)
- * 2 classes per week \$145.00
- *YMCA & Home school group 10% discount
- *Walk On fee \$18.00