

The Mount Clemens Ice Arena & Fitness Center 2010 Summer Figure Skating Training Camp will provide comprehensive programming in order to develop a well-rounded figure skater. Our program includes traditional figure skating classes, as well as off-ice conditioning, dance, and informational classes.

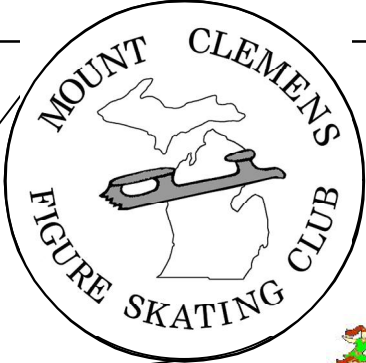
Registration

In order to register, please fill out form, add additional sessions by filling out the Ala Cart list and mark the sessions you wish to skate on the class list. At time of registration, you will have to make a deposit of 1/4 the total cost of your summer ice bill.


The additional payments will be spaced out throughout the beginning on the summer.

Policies

1. All figure skating coaches are welcome to teach on Summer Ice, provided they have been approved by the Skating Director.
2. Skaters with past due ice balances will not be allowed to skate.
3. Skaters who did not purchase the Unlimited Package may purchase summer fitness center packages for an additional \$35. Skaters must be 15 years of age or older to use the fitness center, unless they are accompanied by an adult.



For more information, please call Nancy Sylvester at (586) 228-0674



JOIN THE FUN!



2010 Competitive Training Camp

SUMMER

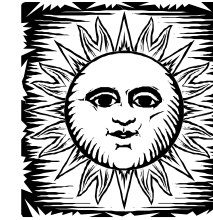


FIGURE SKATING

June 14 - August 20, 2010



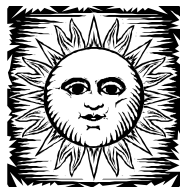
- Freestyle
- Moves in the Field
- Dance
- Stroking
- Ballet
- Off Ice Conditioning
- Choreography
- AND FUN!

Payment Due Date.

REGISTRATION BROCHURE
586-307-8202

www.mountclemensicearena.com

200 N. Groesbeck Hwy. Mount Clemens, MI 48043



SUMMER



FIGURE SKATING BROCHURE

Classes and Sessions

General Freestyles

Available to all skaters, of all levels, who are currently taking private lessons. May also be used for Dance and Moves in the Field lessons.

Moves in the Field/Dance

Skaters of all levels who are working on their Moves in the Field or Dance Tests. No jumps or spins will be allowed on these sessions.



On-Ice Class

Our on-ice classes are conducted by MCIA staff instructors. Classes are 30 minutes long and the curriculum rotates. Classes taught will include Ice Dancing, Power Skating, Edge Class and Spirals.

Off-Ice Rotating

Classes designed to prepare your mind & body. Classes taught will include stretching, pilates, off-ice jumps, draw classes and strength training.

Water bottles should be brought to all classes. During all off-ice classes, skaters are expected to wear athletic sneakers. No flat bottom sneakers will be allowed. Skaters without proper footwear, will not be allowed to participate.

Need a Coach?
Looking for a qualified Private Lesson Coach? Please contact our Skating Director. She will provide you with the resumes and bios of our staff instructors.
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For further information, contact Mindi Swallow

(586) 307-8202 ext. 307

Package & Regular Fees

Package Rates:

Unlimited Package -

- Skaters are welcome to skate any summer Freestyle, Moves in the Field sessions, on-ice and off-ice classes for the entire summer camp.
- Includes unlimited use of the fitness center. Skaters must be at least 15 years old to use fitness center, unless accompanied by an adult.
- \$1000

Triple Package - Monday through Friday

- 2 Freestyle sessions per day
- 1 On-ice class per day
- 1 Moves in the Field session per day
- 1 Off-ice class per day
- \$160 per week
(10% discount when contracting 8 or more weeks - \$144 per week)

Double Package - Monday through Friday

- 1 Freestyle session per day
- 1 On-ice class per day
- 1 Moves in the Field session per day
- 1 Off-ice class per day
- \$130 per week
(10% discount when contracting 8 or more weeks - \$117 per week)

Single Package - 3 Days per week (choose any 3 days)

- 1 Freestyle session per day
- 1 On-ice class per day
- 1 Moves in the Field session per day
- 1 Off-ice class per day
- \$80 per week
(10% discount when contracting 8 or more weeks - \$72 per week)

Ala Carte

Class	Day	Daily Pre-Pd.	Drop-In
Freestyle	(M-F)	\$8	\$9
On Ice Class	(M-F)	\$8	\$9 (includes instructor)
Off Ice Class	(M-F)	\$6	\$7 (includes instructor)
Moves	(M-F)	\$7	\$8

MONDAY	SCHEDULE	Week 1 6/14-6/18	Week 2 6/21-6/25	Week 3 6/28-7/2	Week 4 7/5-7/9	Week 5 7/12-7/16
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On-Ice Class					
12:15-1:15 pm	Off-Ice Class					
1:30-2:00 pm	General Freestyle					
2:00-2:50pm	General Freestyle					

MONDAY	SCHEDULE	Week 6 7/19-7/23	Week 7 7/26-7/30	Week 8 8/2-8/6	Week 9 8/9-8/13	Week 10 8/16-8/20
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On-Ice Class					
12:15-1:15 pm	Off-Ice Class					
1:30-2:00 pm	General Freestyle					
2:00-2:50pm	General Freestyle					

TUESDAY	SCHEDULE					
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On-Ice Class					
12:15-1:15 pm	Off-Ice Class					
1:30-2:00 pm	General Freestyle					
2:00-2:50pm	General Freestyle					

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7:20-8:10 am	General Freestyle					
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9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On-Ice Class					
12:15-1:15 pm	Off-Ice Class					
1:30-2:00 pm	General Freestyle					
2:00-2:50pm	General Freestyle					

WEDNESDAY	SCHEDULE					
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On-Ice Class					
12:15-1:15 pm	Off-Ice Class					
1:30-2:00 pm	General Freestyle					
2:00-2:50 pm	General Freestyle					
4:10-5:00 pm	General Freestyle					
5:00-5:50pm	General Freestyle					

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7:20-8:10 am	General Freestyle					
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THURSDAY	SCHEDULE					
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
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5:00-5:50pm	General Freestyle					

FRIDAY	SCHEDULE					
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On-Ice Class					
12:15-1:15 pm	Off-Ice Class					

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7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On-Ice Class					
12:15-1:15 pm	Off-Ice Class					

WaiverForm

In consideration of being allowed to participate in any way in Mount Clemens Ice Arena & Fitness Center (MCIAFC) programs, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of injury does exist; and 2) KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and 3) I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest instructor immediately; and 4) I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS MCIAFC, CITY OF MOUNT CLEMENS, its elected officials, officers, employees, AND RT ARENA MANAGEMENT, LLC., their officers, instructors, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's signature and date signed

FOR PARTICIPANTS OF MINORITY AGE (Under Age 18 at time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and for myself, my heirs, assigns and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above. EVEN IF ARISING FROM THEIR NEGLIGENCE.

Parent/Guardian's signature and date signed



Make check payable & mail to: **Mount Clemens Ice Arena & Fitness Center**
200 N. Groesbeck Hwy.
Mount Clemens, MI 48043
586-307-8202
586-307-8245 Fax



Registration Form

FILL OUT COMPLETELY:

Name: _____

Parent/Guardian Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____

Date of Birth: ____/____/____ Age: _____

Previous Skating Experience:

Highest Level Passed: _____

Location/Arena: _____

Instructor's Name: _____

- Check One:**
- Unlimited Package - \$1000
 - Triple Package - \$160/week (\$144/week - 8-week discount)
 - Double Package - \$130/week (\$117/week - 8-week discount)
 - Single Package - \$80/week (\$72/week - 8-week discount)

Ala Carte

_____ number of Freestyle sessions X \$8.00 = \$ _____

_____ number of On-ice Classes X \$8.00 = \$ _____

_____ number of Moves sessions X \$6.00 = \$ _____

_____ number of Off-ice Classes X \$7.00 = \$ _____

Total Ala Carte \$ _____

_____ number of weeks X price of package \$ _____

TOTAL BILL = \$ _____

Deposit (1/4 due with Registration) = \$ _____

2nd Payment (1/4 due by Fri., May 14th) = \$ _____

3rd Payment (1/4 due by Fri., June 4th) = \$ _____

Balance due by (Friday, July 2nd) = \$ _____