

INFORMATION

Welcome to the Mount Clemens Ice Arena & Fitness Center Learn-to-Skate program! This program offers quality instruction on many comprehensive skill levels using the United States Figure Skating Association guidelines and standards. Professional instructors will conduct classes in a positive atmosphere, making learning to skate a fun experience for recreational, hockey and figure skaters of all ages.

FORMAT

Learn-to-Skate sessions run for eight (8) weeks. Classes are held once per week.

1ST DAY PROCEDURE

Skaters should arrive approximately 15 minutes prior to the start of their scheduled class time. Skaters should check in at the Learn-to-Skate table. At this time, skaters will receive their nametags and class assignments.

ORIENTATION

There will be a brief orientation for the skaters and parents 10 minutes prior to their first class. General information will be discussed and instructors will be introduced. If you have any questions, they should be addressed at this time.

ATTIRE

Single blade hockey or figure skates are required. All sizes of hockey and figure skates are available to rent for only \$2.00. Helmets are required for all children 5 years of age and under (bicycle helmets are acceptable). Skaters should wear comfortable and warm clothing and it's important to wear gloves or mittens.

PRACTICE PASS

All skaters will receive a Practice Pass when you register for a Learn-to-Skate class. This pass will enable a skater to attend 8 free public sessions. Practice passes are only valid during the duration of your class session. Each student will receive one pass, which we cannot replace.

CLASS DESCRIPTION

SnowPLOW Sam 1-3

Entry level classes specifically designed for children under the age of five. The most elementary skating skills are combined with fun and games to capture and retain the children's attention and concentration.
Class cost: \$65

Basic Skills 1-6

Designed for skaters ages 5 & up and those who have passed SnowPLOW Sam 3.
Class cost: \$65

Pre Freestyle (Pre-Requisite = Basic 6)

A class combining U.S. Figure Skating Basic 7 and Basic 8. In this class, skaters will learn several turns and glides that must be mastered prior to learning jumps and spins.
Class cost: \$65

Freestyle 1-4 (Pre-Requisite = Pre Freestyle)

Designed to give a skater a strong foundation on which to build their figure skating skills. Each level includes skills of spinning, jumping, and Moves in the Field.
Class cost: \$65

Hockey (Pre-Requisite = Basic 2)

Hockey class is 50 minutes long and split into two sections. Skating skills will be taught the first 25 minutes. Focus will be on skills such as proper stance, crossovers, turning and gaining power. The second 25 minutes will focus on stick handling. Sticks and helmets are required for this class and full equipment is encouraged. Hockey class is a continual improvement class and can be taken throughout the entire season to strengthen the skills of any hockey player.
Class cost: \$100

Pre School Skate

This class is design for the pre-school aged child who can't wait to get started skating. Class curriculum is a combination all of skills done in Snowplow Sam 1-3. Skaters will have 25 minutes of class, followed by 25 minutes of playtime. Parents are allowed on the ice during playtime. Toys, sticks, plastic pucks will all be used during this class.
Class cost: \$80

Adult

Classes for ages 15 & up designed to meet the needs and goals of the beginning adult skater.
Class cost: \$65

JUNIOR CLUB

Junior Club is a group class designed to teach new figure skaters about the fundamentals of figure skating and to introduce skaters to the benefits of club membership.

Junior Club is a 50 minute long class and it's curriculum will include:

- *Proper attire
- *Ice etiquette
- *Proper warm-up technique
- *Proper stretching technique
- *Stroking, edges and power skating
- *Introduction to Moves in the Field
 - *All basic spin positions
 - *All single jumps
- *Beginning choreography and style

Classes will also include a parent education session to help educate the parents on important information in regards to the "next step" in figure skating.

Junior club skaters are encouraged to be enrolled in their proper freestyle level in our regular group classes or private lessons in conjunction with Junior Club. To enroll in Junior Club you must have passed Pre-Freestyle.

Class cost: \$100

Enroll in Junior Club and any Freestyle class and receive both classes for a total of \$135

**Classes run from
March 3 - April 24**

**Next session will begin on
April 28, 2010**

REGISTRATION FORM

Please indicate Day, Time and Class by placing a check ✓ in the appropriate box and circling your class level.

Wednesday 10:00-10:50 am

Pre School Skate

Thursday 6:00-6:25 pm

SnowPLOW Sam 1 2 3

Pre Feestyle

Freestyle 1 2 3 4

Adult

Hockey (Class ends at 6:50pm)

Thursday 6:25-6:50 pm

Basic 1 2 3 4 5 6

Friday 6:00-6:25 pm

SnowPLOW Sam 1 2 3

Basic 1 2

Junior Club (Class ends at 6:50pm)

Friday 6:25-6:50 pm

Basic 3 4 5 6

Saturday 10:00-10:25 am

SnowPLOW Sam 1 2 3

Pre Feestyle

Freestyle 1 2 3 4

Adult

Hockey

(CLASS ENDS AT 10:50am)

Saturday 10:25-10:50 am

Basic 1 2 3 4 5 6

**Please make checks
payable to
MCIAFC**

PLEASE PRINT CLEARLY & SIGN WAIVER FORM:

Skater Name _____

Home Phone _____

Address _____

City _____ ST _____ Zip _____

Date of Birth ____/____/____ M or F

E-mail Address _____

Emergency Contact _____

Emergency Phone _____

Previous Skating Experience: Y / N (circle one)

WAIVER FORM

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) I KNOWINGLY AND FREELY ASSUMES ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assumes 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 do also 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

NEW SKATERS

All students new to the sport of skating should sign up for Basic 1 (or SnowPlow Sam 1 if ages 3-5 yrs.). Skaters will be evaluated the first day of class for class level placement.

POLICIES

100% refund will be given before the first day of your class should you need to cancel.

50% refund will be given after the first class of each session. No refunds will be issued after the first week of class.

The arena reserves the right to cancel, rearrange or combine any class in accordance with enrollment.

Enrolled skaters may attend one (1) make-up class per session.

DISCOUNTS

- ★ **Multi-class Discount**
 - Enroll in 2 or more classes and receive \$5.00 off each class.
 - Enroll in any Basic Skills Class and Junior Club and receive both classes for a total of \$135
- ★ **Family Discount**
 - Enroll 2 or more family members of same household and receive \$5 off each additional registration.
- ★ **Military Discount**
 - Show your military ID and receive 10% off registration.
 - *Discounts may not be combined with any other offers or other discounts.

MOUNT CLEMENS ICE ARENA &
FITNESS CENTER
200 N. Groesbeck Hwy.
Mount Clemens, MI 48043

2009-2010

Learn



To Skate



Mount Clemens Ice Arena & Fitness Center

200 N. Groesbeck Hwy.
Mount Clemens, MI

www.mountclemensicearena.com

586-307-8202

Session 4: Mar. 3 - Apr. 24