

# Practice Ice Registration Form

(Please print clearly)

Name \_\_\_\_\_

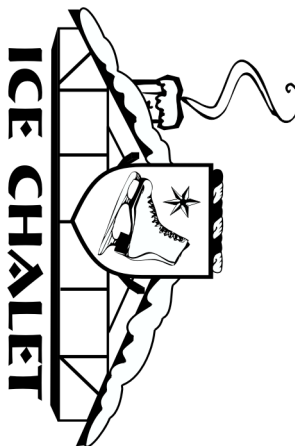
Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

E-mail address \_\_\_\_\_



Chalet Ice Rinks, Inc.  
P.O. Box 10668  
Knoxville TN 37939  
(865) 588-1858



## A Skater's Guide to the Ice Chalet & Practice Ice Registration

2006 Fall Semester  
September 18 - December 22

2007 Winter Semester  
January 7 - March 23

### Ice Chalet

(Beside The Shops at Western Plaza)  
100 Lebanon Street  
Knoxville TN 37919  
tel 865-588-1858 fax 865-588-7509  
icechalet@bellsouth.net  
www.chaleticerinks.com

I wish to sign up for the following practices:

- Monday Practice (Basic - Freestyle 3)  
 Fall \$ 90.00    Winter \$ 75.00    Both \$ 148.50
- Tuesday Practice (Freestyle 4 and up)  
 Fall \$ 90.00    Winter \$ 90.00    Both \$ 162.00
- Thursday Practice (All Freestyle Levels)  
 Fall \$ 67.50    Winter \$ 67.50    Both \$ 127.50
- Sunday Practices (All Levels)  
 Fall \$ 97.50    Winter \$ 82.50    Both \$ 162.00
- Early Bird Practices (All Levels)  
 Fall \$ 72.00    Winter \$ 66.00    Both \$ 124.50
- Special Fall Break Practices (All Levels)  
October 16-20, 9:00-11:00 a.m.   \$ 25.00

Drop-In \$ 10.00

Subtotal: \$ \_\_\_\_\_

Discounts used:

Early Payment for both term by Aug. 15 (10%) \$ \_\_\_\_\_

Early Payment for fall term by Sept. 15 (5%) \$ \_\_\_\_\_

Early Payment for winter term by Dec. 15 (5%) \$ \_\_\_\_\_

Two or more family members in classes (10%) \$ \_\_\_\_\_

Total Payment \$ \_\_\_\_\_

Maximum Discount is 20%

\$ 25.00 of your total is a non-refundable registration fee.

I skate at my own risk and hereby release the Ice Chalet,  
its owners, and all personnel from all liability.

Signature of Parent or Skater \_\_\_\_\_

Date \_\_\_\_\_

Counter use: Amt. paid: \_\_\_\_\_ Date: \_\_\_\_\_ Initial: \_\_\_\_\_

# Welcome to the Ice Chalet and the Robert Unger School of Ice Skating!

For more than 40 years, we have been Knoxville's familiar source for ice skating instruction and public ice skating entertainment. Our lessons are based on the Ice Skating Institute's recreational ice skating program, which our rink's owner helped establish. Each test level serves as a building block for the next, so skating can be a lifelong hobby. Below you will find information on ISI, our classes, practice times, tests, and buying your own skates. We hope to see you often at the Ice Chalet!

## What is ISI (the Ice Skating Institute)?

The ISI is an organization dedicated to ice skating as a participant sport and recreation. All ages and all levels can be involved in many different events. The oldest ISI competition is our own Mississippi Valley District Competition (MVDC), which we host every March. ISI membership is very inexpensive and includes a quarterly magazine and a supplemental insurance policy. Check the main entrance for membership forms.

## What do we do in each class?

### Beginning and Advanced Tots

These classes are for ages 3-5. Students work on falling, marching, gliding, and moving forward and backward. Each child should wear gloves and a toboggan or helmet.

### Beginners (Pre-Alpha)

Beginner students learn to balance and do simple glides on both feet. Anyone over age 5 who has never taken classes should start here.

### Alpha

Once you have passed Pre-Alpha, you move to Alpha and learn forward stroking, forward crossovers in both directions, and a simple stop.

### Beta

Students who pass all the Alpha skills now work on backward stroking and backward crossovers in both directions, plus a T-stop with each foot.

### Gamma

Students begin to work on turns (forward outside edge 3-turns and inside mohawks), as well as a hockey stop.

### Delta

This is the last basic level. Students work on inside edge 3-turns, forward edges, bunny hops, lunges, and shoot-the-ducks.

### Freestyle

This is where you go once you have mastered all the basic levels. There are 10 levels which all include different jumping, spinning, and footwork maneuvers.

### Ice Dancing

Skaters who have passed Alpha can learn different patterns of footwork on the ice to ballroom dance music. There are over 20 ice dances that are currently in the Ice Skating Institute's ice dancing tests, from the waltz to the tango to swing, and more!

### Synchronized Teams

Skaters who have passed Beta are eligible to take part in our synchronized teams. Teams of 8 or more skaters perform a 3-4 minute routine with different footwork -- the trick is everyone is doing the same thing at the same time!

### Private Lessons

Students enrolled in our regular classes are eligible for private lessons from any of our instructors. See the private lessons brochure for details. Lessons are usually given during practice times (see chart below for prices).

#### Practice Times & Prices:

The following practice sessions are available throughout the year for beginner, intermediate, and freestyle skaters.

Days & Times	Fall	Winter	Both Fall & Winter
Beginner - Freestyle 3 Mondays, 3:45-5:45 p.m.	Sept. 18-Dec. 21 (12 weeks) \$ 90.00	Jan. 8 - Mar. 26 (10 weeks) \$ 75.00	\$ 148.50
	Sept. 19-Dec. 19 (12 weeks) \$ 90.00	Jan. 9 - Mar. 27 (12 weeks) \$ 90.00	\$ 162.00
Freestyle 1 & up Thursdays, 3:45-5:45 p.m.	Sept. 21-Dec. 21 (11 weeks) \$ 67.50	Jan. 11 - Mar. 15 (11 weeks; two test days) \$ 67.50	\$ 127.50
	Sept. 24-Dec. 17 (13 weeks) \$ 97.50	Jan. 7 - Mar. 18 (11 weeks) \$ 82.50	\$ 162.00
All Levels Early Bird Sessions Wed., Thurs., Fri., 6:00- 9:00 a.m. (except for Figures on Thurs. 6:00-6:30 a.m.)			(Approx. 68 days) \$ 124.50
	\$ 72.00	\$ 66.00	\$ 124.50
All Levels Special Fall Break Practices October 16-20 Mon.-Fri., 9:00-11:00 a.m.		\$ 25.00 for all five practices!	
Drop-in cost: \$ 10.00 per session.			

## Should I buy my own skates?

Skate rental is free with your lessons. However, as you continue skating, having your own skates usually can speed up your progress.

The Ice Chalet has a good supply of both figure and hockey skates for sale; you will receive a professional fitting and sharp blades at the time of purchase, as well as a public session pass good for five free admissions! Please call ahead to make sure a qualified staff member is available to help you.



## What should I wear?

Skating clothes should keep you warm but also allow free movement. Small children should always wear gloves/mittens and head protection of some kind. Skaters should wear only one, thin pair of socks -- this allows for a better skate fit.

## Help Our Team By Visiting the Cafe Chalet

Purchases from the Cafe Chalet help our team members raise funds for skating expenses. Interested parents can volunteer through RUMPS -- see the bulletin board for information.

## Private Lessons

In order to pass any freestyle test, you must perform not only the maneuvers in your test level, but also a program to music. Private lessons can be helpful if you need some extra help with passing these tests, or if you plan on competing. Privates are purchased at the main counter in the form of coupons, which are presented to your instructor at the time of your lesson, which is best scheduled during practice ice times. Please refer to the "Private Lessons" brochure (available in the office) or our web site, [www.chaleticerinks.com](http://www.chaleticerinks.com), for details and for information about available instructors.

## Public Sessions

Monday	12-3:30 p.m.
Tuesday	12-3:30 p.m.
Wednesday	12-5:30 p.m. & 8:00-10:00 p.m.
Thursday	12-3:30 p.m. & 8:00-10:00 p.m.
Friday	12-5:30 p.m. & 7:30-11:00 p.m.
Saturday	2:00-11:00 p.m.
Sunday	2:00-5:30 p.m.

Admission: \$ 5.00 Skate Rental: \$ 3.00  
Age 5 & under:  
\$ 3.00 Skate Rental; Admission Is Free  
Group Rates Available