

Practice Ice Registration Form

(Please print clearly)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Birthdate _____ Male Female

E-mail address _____

I wish to sign up for the following:

Freestyle Practice & Stroking Pass

Covers 10 practice sessions, 10 stroking classes, or a combination of practice sessions and stroking classes.

(Not just for Freestyle skaters!) \$ _____

Early Bird Practices (All Levels)

Fall \$ 78.00 Winter \$ 94.00

Both Fall & Winter \$ 156.00 \$ _____

Individual Public Session Pass

23.00 (covers 5 public sessions) \$ _____

Monthly Public Session Pass

(7-month plan: Sept.-March)

Family \$ 60.00/mo. \$ _____

Monthly Public Session Pass (Any Month)

Family \$ 125.00/mo. \$ _____

Team Time Fall \$ 30.00 Winter \$ 72.00 \$ _____

Freestyle Practice Drop-In \$ 11.00 \$ _____

ISI Membership \$ 13.00/year \$ _____

Required for test registration and participation in shows and competitions.

Total Payment \$ _____

\$ 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: _____



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



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

2009 Fall Semester
September 21 - December 18

2010 Winter Semester
January 4 - April 8

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

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

For more than 45 years, we have been Knoxville's familiar source for ice skating instruction and public ice skating entertainment. Thank you for visiting us!

What is ISI (the Ice Skating Institute)?

Our lessons are based on the Ice Skating Institute's recreational ice skating program. Each test level serves as a building block for the next, so skating can be a *lifelong* hobby. All ages and all skill levels can be involved in many different activities. The oldest ongoing ISI competition is our own competition each Spring. ISI membership is \$ 13.00/year and includes a quarterly magazine and a supplemental insurance policy. **ISI membership is required for test registration as well as for participation in our shows and in ISI competitions.** Check the main entrance for 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 balance and do simple glides and swizzles forward and backward. Anyone over age five who has never taken classes should start here.

Alpha

In Alpha, skaters learn forward stroking, forward cross-overs in both directions, and a simple snowplow stop.

Beta

Students work on backward stroking and backward crossovers, 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

Students work on inside edge 3-turns, forward edges, bunny hops, lunges, and shoot-the-ducks.

Freestyle

There are ten levels with different jumps, spins, and footwork patterns.

Ice Dancing

Skaters who have passed Alpha can learn to dance on ice! There are over 20 ice dances from the waltz to the tango!

What should I wear?

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.

Nutcracker On Ice -- Practices Oct. 26 - Dec. 6

Students enrolled in all 10 weeks of the Fall term are eligible to participate in our annual holiday show to be presented December 8-12-- any skill level, any age! Entries are due October 17th.

Please note that the rehearsals are held during our freestyle practice times so some of these practices are going to be crowded. Private lessons will be limited in these sessions.



Freestyle Practice & Stroking Pass

It's not just for freestyle skaters!

\$ 90.00 for 10 sessions (\$ 9.00/session)

Attend any of our regularly scheduled freestyle practice sessions appropriate for your skill level (listed below) or choose a stroking class instead. Skaters must check-in at the main counter! See "Freestyle" brochure for the stroking class schedule.

The following practice sessions are available throughout the year for beginner, intermediate, and freestyle skaters. Sessions may be limited to a specific number for safety.

Days & Times	Fall	Winter
Mondays 3:45-5:45 p.m. <i>Beginner - Freestyle 3</i>	Sept. 21-Dec. 14 (12 weeks)	Jan. 11-April 5 (except Jan. 18 & Feb. 15) (11 weeks)
Tuesdays 3:45-5:45 p.m. (with some exceptions) <i>Freestyle 3 & up</i>	Sept. 22-Dec. 15 (12 weeks, incl. 3 test days)	Jan. 5-April 6 (except Feb. 16) (13 weeks, incl. 3 test days)
Thursdays 3:45-5:45 p.m. <i>Freestyle 1 & up</i>	Sept. 24-Dec. 17 (11 weeks)	Jan. 7-April 1 (13 weeks)
Sundays 9:00-11:00 a.m. <i>Freestyle 4 & up</i> 11:30 a.m.-1:30 p.m. <i>Basics - Freestyle 3</i>	Sept. 27-Dec. 13 (13 weeks)	Jan. 4-Mar. 28 (13 weeks)
<i>Special price:</i> Early Bird Sessions Wed., Thurs., Fri. 6:00-9:00 a.m. <i>All Levels</i> <i>Both terms: \$ 156.00</i>	Sept. 23-Dec. 18 (34 days) \$ 78.00	Jan. 6-April 8 (42 days) \$ 94.00

Drop-in cost: \$ 11.00 per session.

Test Days for Freestyle, Dance, Pairs, etc. (subject to change): Oct. 20, Nov. 24, Dec. 15, Jan. 26, Feb. 23, March 23.

Should I buy my own skates?

Skate rental is free with your lessons. Having your own skates usually can speed up your progress. The Ice Chalet has a good supply of 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.



Individual Public Session Pass

\$ 23.00 for five public sessions. (Value: \$ 27.50)
Skate rental is extra.

Available to enrolled students:

Monthly Family Public Session Pass

\$ 60.00/month (September-March; 7-month plan) OR
\$ 125.00/month (any month)
For immediate family members; maximum of 5 persons.
Covers admission and skate rental.

Team Time -- New! All Levels

Fridays, 5:45-6:30 p.m.

Fall: Sept. 25-Oct. 23 (5 weeks) \$ 30.00

Winter: Jan. 8-March 26 (12 weeks) \$ 72.00

Special practice time for Ensembles, Team Compulsories, Couples, and Pairs. Be ready for competitions and shows.

Private Lessons

Private lessons can be helpful if you need some extra help preparing a program choreographed to music for testing, competitions, and exhibitions. Privates are purchased at the main counter in the form of coupons, which are presented to your instructor at the time of your lesson. Please refer to the "Private Lessons" brochure (available in the office) or our web site, www.chaleticerinks.com.

Public Sessions

September 21, 2009 - April 7, 2010

*(Please note: Special, Extended Holiday Hours
December 19-January 2)*

Monday	12-3:30 p.m. & 8:00-10:00 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: \$ 5.50 Skate Rental: \$ 3.50

Age 5 & under: \$ 3.50

Group Rates Available