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## Practice Ice Registration Form

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(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 \$ 90.00**  
Covers 10 practice sessions, 10 stroking classes, or  
a combination of practice sessions and stroking classes.  
(Not just for Freestyle skaters!) \$ \_\_\_\_\_

**Freestyle Practice Drop-In \$ 11.00** \$ \_\_\_\_\_

**Individual Public Session Pass** (skate rental not included)  
 23.00 (covers 5 public sessions) \$ \_\_\_\_\_

**Individual Public Session Pass "Plus"** (incl. skate rental)  
 40.00 (covers 5 public sessions) \$ \_\_\_\_\_

**Monthly Individual Public Session Pass**  
 \$ 60.00/mo. X 8 mos. (\$ 480.00) \$ \_\_\_\_\_

**Monthly Public Session Pass** (Any Month)  
 Family \$ 125.00/mo. \$ \_\_\_\_\_

**Team Time**  Fall \$ 60.00  Winter \$ 72.00 \$ \_\_\_\_\_

**ISI Membership** \$ 15.00/year \$ \_\_\_\_\_  
Required for test registration and participa-  
tion in shows and competitions.

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

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

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*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

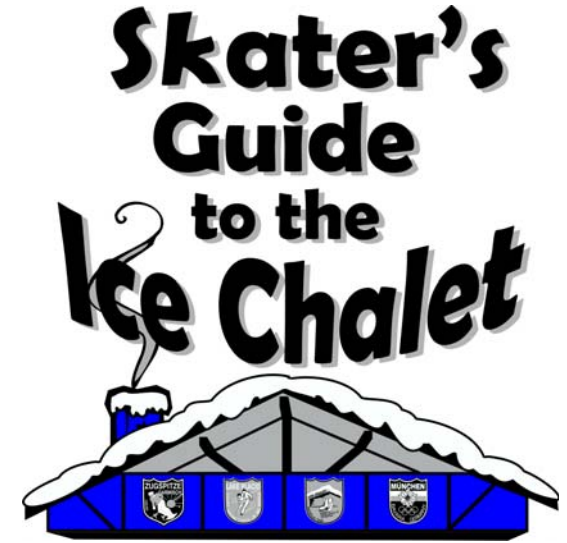
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Counter use: Amt. paid: \_\_\_\_\_ Date: \_\_\_\_\_ Initial: \_\_\_\_\_



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



## Skater's Guide & Practice Ice Registration

**2010-2011 Season**  
August 1 - December 20  
January 2 - March 31

## 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!

Over the past 48 years, we have established a tradition of quality 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. Our Spring competition is the oldest continuously running ISI competition in the world. ISI membership is \$ 15.00/year and includes a quarterly magazine and supplemental insurance. **ISI membership is required for test registration as well as for participation in our shows and in ISI competitions.**

## What do we do in each class?

### Beginning and Advanced Tots

These classes are for ages 3-5. While playing games and singing songs, students learn proper falling, marching, gliding, and moving forward and backward. Gloves and a toboggan or helmet are recommended.

### 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. 18 - Dec. 6

**Students enrolled in our school for the Fall term are eligible to participate in our annual holiday show to be presented December 7-11. Any skill levels, any age! Entries are due October 1st.**

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 Sessions

*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
<b>Mondays</b> 3:45-5:30 p.m. <i>Beginner - Freestyle 3</i>	Aug. 2-Dec. 20 (except Sep. 6, Dec. 6)	Jan. 10-March 28 (except Jan. 17 & Feb. 14)
<b>Tuesdays</b> 3:45-5:45 p.m. <i>Freestyle 1-10</i>	Aug. 3-Dec. 14 (except Dec. 7) Incl. 3 test days.	Jan. 4-March 29 (except Feb. 15) Incl. 3 test days.
<b>Wednesdays</b> 6:00-9:00 a.m. <i>All Levels</i>	Aug. 4-Dec. 15	Jan. 5-March 30
9:00-10:30 a.m. <i>All Levels</i>	Aug. 4-Dec. 15	Jan. 5-March 30
6:45-8:00 p.m. <i>Freestyle</i>	Aug. 4-Dec. 15 (except Dec. 8)	Jan. 5-March 16
<b>Thursdays</b> 6:00-9:00 a.m. (All Levels)	Aug. 5-Dec. 16 (except. Nov. 25)	Jan. 6-March 31
3:45-5:45 p.m. <i>Gamma-Freestyle 10</i>	Aug. 5-Dec. 16 (except. Nov. 25 and Dec. 9)	Jan. 6-March 24
<b>Fridays</b> 6:00-9:00 a.m. <i>All Levels</i>	Aug. 6-Dec. 17 (except. Nov. 26)	Jan. 7-March 25
9:00-10:30 a.m. <i>All Levels</i>	Aug. 6-Dec. 17 (except. Nov. 26)	Jan. 7-March 25
<b>Sundays</b> 9:00-11:00 a.m. <i>Freestyle 4 &amp; up</i>	Aug. 1-Dec. 12 (except Sept. 26)	Jan. 2-Mar. 27
11:30 a.m.-1:30 p.m. <i>Basics - Freestyle 3</i>	Aug. 1-Dec. 12 (except Sept. 26)	Jan. 2-Mar. 27

Test Days for Freestyle, Dance, Pairs, etc. (subject to change):  
Oct. 19, Nov. 23, Dec. 14, Jan. 25, Feb. 22, March 22.

## Should I buy my own skates?

Skate rental is free with your lessons. Having your own skates can speed up your progress. The Ice Chalet has 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! Call ahead to make sure a qualified staff member is available to help.



### Individual Public Session Pass

\$ 23.00 for 5 sessions. Skate rental is extra.

### Individual Public Session Pass Plus

\$ 40.00 for 5 sessions. Skate rental is included.

### Monthly Individual Public Session Pass

\$ 60.00 per month. Season-long commitment, Aug.-March. Covers admission to all public sessions during the season.

### Monthly Family Public Session Pass

\$ 125.00/any month. Available to enrolled students. For immediate family members; maximum of 5 persons.

## Freestyle Practice & Stroking Pass

\$ 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.

## Team Time (All Levels)

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

**Fall: Aug. 13-Oct. 15 (10 weeks) \$ 60.00**

**Winter: Jan. 7-March 25 (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. Please refer to the "Private Lessons" brochure (available in the office) or our web site, [www.chaleticerinks.com](http://www.chaleticerinks.com).

## Public Sessions

**August 1, 2010 - March 31, 2011**

*(Special, Extended Holiday Hours Dec. 18-Jan. 3)*

Monday	12-3:30 p.m. & 8:00-10:00 p.m.
Tuesday	12-3:30 p.m.
Wednesday	12-5:30 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*