

# 2016-2017 All You Can Skate Registration Form

(Please print clearly)

Name \_\_\_\_\_ ISI# \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Birthdate \_\_\_\_\_

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

Please do *not* include my information in the school directory.  
Highest Test Passed: Delta/Freestyle \_\_\_\_\_ Dance \_\_\_\_\_

Regular "All You Can Skate" (without Summer School)

12-Month Plan \$ 160.00/month  
 10-Month Plan \$ 175.00/month

"All You Can Skate" (with Summer School)

12-Month Plan \$ 195.00/month  
 10-Month Plan \$ 210.00/month

DISCOUNT for first additional family member  
(No other discounts apply.) (-30.00) \$ \_\_\_\_\_  
(Effective with new plans starting on or after August 1st.)

**COSTUME/PROP FEES:**

Synchro Costume Fee (TBA) \$ \_\_\_\_\_  
 Summer TOI Costume/Prop Fee \$ 20.00  
 Fall/Wtr TOI Costume/Prop Fee \$ 55.00  
Total: \$ \_\_\_\_\_

Options if you prefer not to enroll in *All You Can Skate*:

Theatre On Ice:  Summer \$ 40.00  
 Summer Costume/Prop Fee \$ 20.00  
 Fall & Winter \$ 105.00  
 Fall/Wtr Costume/Prop Fee \$ 55.00

Freestyle Stroking & Practice Pass \$ 95.00  
 Monthly Individual Public Session Pass (8-mo.) \$ 60.00  
 Individual Public Session Pass (xSkate Rental) \$ 25.00  
 Individual Public Session Pass Plus \$ 45.00  
 Monthly Family Public Session Pass \$ 125.00  
 Adult Synchro/Ensemble/Production Team: \$ 50.00  
Total: \$ \_\_\_\_\_

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

*I skate at my own risk and hereby release the Ice Chalet, its owners, and all personnel from any and all liability. If applicable: I also agree to pay monthly as agreed.*

Signature of Parent or Skater \_\_\_\_\_ Date \_\_\_\_\_  
Office Use Only \_\_\_\_\_  
Amt. paid: \_\_\_\_\_ Date: \_\_\_\_\_ Init: \_\_\_\_\_

## Off-Ice Conditioning & Nutrition

Mondays, Wednesdays & Saturdays:

Mondays 6:30-7:00 p.m.

Wednesdays 7:30-8:00 p.m.

Saturdays: Group One... 8:15-8:45 a.m.  
Group Two... 9:00-9:30 a.m.

Proper warm-up drills, flexibility stretches, cool-down routines, strength training exercises, jump and plyometric training programs, and endurance conditioning exercises can maximize your progress on ice and help prevent injuries.

Plyometrics (Jump training)

- Exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing both speed and power

Sprints

- Short-distance running

Nutrition

- A good diet can help you improve not only your skating skills, but also your energy levels

Other Conditioning Exercises

**Yes, these classes are now included in  
All You Can Skate!**



all

YOU  
CAN  
SKATE

*and other  
opportunities  
for extra ice time  
for advanced skaters!*

**2016-2017 Season**

## Ice Chalet

The Robert Unger & Larry LaBorde  
School of Ice Skating  
(Beside The Shops at Western Plaza)  
100 Lebanon Street  
Knoxville TN 37919  
tel 865-588-1858 fax 865-588-7509  
icechalet@chaleticerinks.com  
www.chaleticerinks.com



## 2016-2017 "All You Can Skate" Opportunities for Advanced Skaters



### Regular "All You Can Skate" Package

Does not include Summer School, Nutcracker On Ice, or costume/prop fees.

12 payments over 12 months \$ 160.00/mo.

10 payments over 10 months \$ 175.00/mo.

### "All You Can Skate All Year" Package -- Includes Summer School!

12 payments over 12 months \$ 195.00/mo.

10 payments over 10 months \$ 210.00/mo.

Note: Payments are due the 1st of each month.

**Special Family Discount** (Any AYCS or AYCSAY Plan):  
\$ 30.00 off for first additional family member each month.  
(No other discounts apply.)

### Options for More Ice Time for All Levels:

**Freestyle Stroking & Practice Pass \$ 95.00**

(Covers 10 practices or stroking classes for your level.)

Included in All You Can Skate packages!

**Public Session Pass \$ 25.00 Save \$ 5**

(Does not include skate rental)

**Public Session Pass Plus \$ 45.00 Save \$ 10**

(Includes skate rental)

Covers five (5) public skating sessions.

As an alternative, join our Skating Club and receive

\$ 1.00 off public session admission plus other benefits.

**Monthly Individual Public Session Pass \$ 60.00/mo**

Season-long commitment, August - March.

**Monthly Family Public Session Pass (Any Month) \$ 125.00**

Covers up to 5 immediate family members; includes admission & skate rental to all public sessions for one month.

### Included in our "All You Can Skate" packages:

- ◆ Off-Ice Conditioning Classes
- ◆ Any On-Ice Group Classes
- ◆ Any Regular Freestyle Practices
- ◆ Stroking Sessions Appropriate for the Skater's Skill Level.
- ◆ Public Sessions
- ◆ Holiday School
- ◆ Theatre On Ice
- ◆ 20% off Robert Unger Competition Entry Fees
- ◆ Team Time
- ◆ Pick-Up Hockey
- ◆ ISI Membership!

### Not included in any plan:

- ◆ Costume/Prop Fees
- ◆ Nutcracker On Ice

### Not included in "Regular" plan:

- ◆ Summer School

These are discounted payment contracts designed for the full term. If you decide not to complete the full 10- or 12-month plan, you will be responsible for the full amount for all sessions that you could have attended up to that point in the contract.



### "Theatre On Ice" (Summer & Fall/Winter)

**Summer Term \$ 40.00\***

**Fall & Winter \$ 105.00\***

(Included in All You Can Skate packages)

**\*Plus costume/prop fee:**

**\$ 20.00 Summer**

**\$ 55.00 Fall/Winter**

Be a part of our Summer Show, the production number for the Winter Team Competition, and our show for the Robert Unger ISI Competition held each Spring.

## Freestyle Stroking & Practice Pass

Included in All You Can Skate packages.

\$ 95.00 for 10 sessions

Covers all practice and stroking classes appropriate for your skill level each semester. See the "Skaters' Guide and Practice Ice" brochure for details.

Drop-In Price: \$ 12.00



### Special Notes

### NUTCRACKER ON ICE

The 29th annual Nutcracker On Ice will be presented December 6-10, 2016. Nutcracker entry fees:

Tots & Pre-Alpha through Delta \$ 60.00

Freestyle 1 and up \$ 75.00

Please register by September 30th.

### CALENDAR NOTES

We will not have classes the weeks of Thanksgiving or Nutcracker On Ice. In addition, we will not have Freestyle classes one week in January or February so that the Robert Unger team can compete at a Winter ISI Competition. These days are *not* included in your prices.

*We reserve the right to cancel or to rearrange classes as warranted by enrollment.*

### Practice Ice & Private Lessons

Private lessons can be great if you need some extra help with passing the tests required for Freestyle levels, or if you plan on competing. Privates are scheduled directly with the instructor of your choice, and payment is made directly to him/her. Private lessons are usually taught during "Practice Ice" times; arrange this with the instructor of your choice. See our "Skaters' Guide and Practice Ice" brochure for schedules.

Please refer to the "Private Lessons" brochure or our web site, [www.chaleticerinks.com](http://www.chaleticerinks.com), for information about available instructors.