

# 2016-2017 Freestyle Registration

(Please print clearly)

Name \_\_\_\_\_  
 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

Please tell us which classes you plan to attend:

Freestyle:  Mon.  Wed.  Sat.  Adult Ens./Synchro  
 Stroking Classes:  Mon  Wed  Sat  
 Friday Synchro  Sat. Synchro  Dance

Term	Package A	Package B	Package C
Fall #1:	<input type="checkbox"/> \$ 198.00	<input type="checkbox"/> \$ 308.00	<input type="checkbox"/> \$ 412.00
Fall #2:	<input type="checkbox"/> \$ 198.00	<input type="checkbox"/> \$ 308.00	<input type="checkbox"/> \$ 412.00
Winter:	<input type="checkbox"/> \$ 222.75	<input type="checkbox"/> \$ 347.00	<input type="checkbox"/> \$ 464.00
Spring #1:	<input type="checkbox"/> \$ 123.75	<input type="checkbox"/> \$ 193.00	<input type="checkbox"/> \$ 258.00
Spring #2:	<input type="checkbox"/> \$ 123.75	<input type="checkbox"/> \$ 193.00	<input type="checkbox"/> \$ 258.00

Fall 1 & 2, Winter (Save 5%):  
 \$ 587.80  \$ 915.00  \$1224.00

Fall 1 & 2, Winter & Spring 1 & 2 (Save 5%):  
 \$ 823.00  \$1281.00  \$1713.00

Payment Plans (each month for 10 months, Aug - May):  
 \$ 95.00  \$148.00  \$ 198.00

Ice Dance:  Fall term #1 or #2 \$ 129.00 \$ \_\_\_\_\_  
 Winter term \$ 145.00 \$ \_\_\_\_\_  
 Spring term #1 \$ 81.00 \$ \_\_\_\_\_  
 Spring term #2 \$ 81.00 \$ \_\_\_\_\_

Off-Ice Conditioning - \$ \_\_\_\_\_  
 Choice of Day/s:  TUESDAY

Discounts used: Not available for payment plans, passes, etc.:

Early payment for Fall & Winter by Aug. 8 (10%) \$ \_\_\_\_\_  
 Early payment for any term one week ahead (5%) \$ \_\_\_\_\_  
 Two or more family members in classes (10%) \$ \_\_\_\_\_  
**Maximum Discount is 20%** Subtotal: \$ \_\_\_\_\_

Theatre On Ice:  Fall & Winter \$ 125.00 \$ \_\_\_\_\_  
 Costume/Prop Fee \$ 55.00 \$ \_\_\_\_\_

Stroking & Practice Pass \$ 95.00 (10 sessions) \$ \_\_\_\_\_

Drop-In:  Skills Class \$20.00  Stroking \$12.00 \$ \_\_\_\_\_  
 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.

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

Date \_\_\_\_\_

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

## Off-Ice Conditioning & Nutrition

Spring Term #2...

Tuesdays: 6:00-6:30 p.m.

Proper warm-up drills, flexibility stretches, cooldown 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

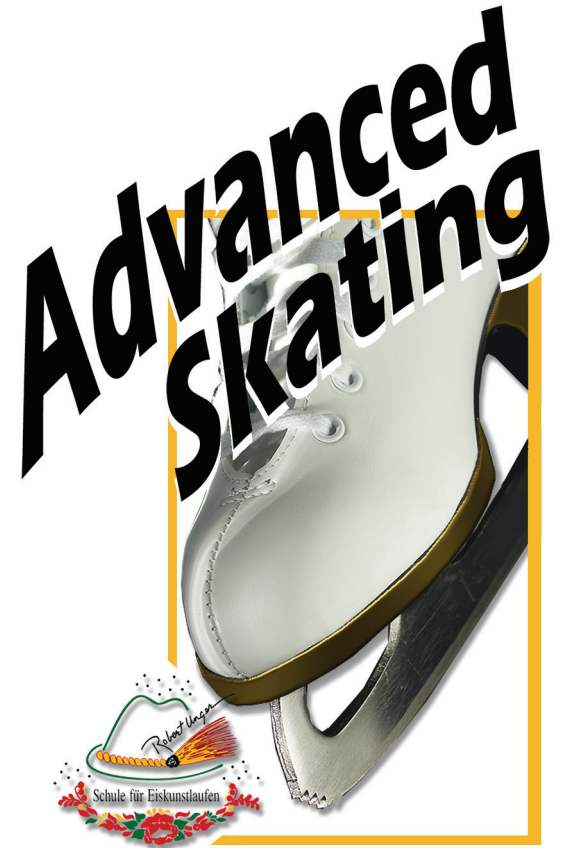
- Short-distance running

### Nutrition

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



### Other Conditioning Exercises



## Freestyle Skaters

2016-17 Season

Spring Term #2 May 1-June 4, 2017

## Ice Chalet

(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

Home of the Robert Unger & Larry LaBorde  
 School of Ice Skating

### Off-Ice Conditioning...

For Spring Term #2:

Included in All You Can Skate!

Drop-In Price: \$ 12.00/class

## 2016-2017 Freestyle -- Advanced Skating Program

### Saturday Morning Classes (All Ages)

5:45-6:45 a.m.	Freestyle Practice
6:45-7:30 a.m.	Freestyle 5-10 Classes (30 min. class plus practice)
7:30-8:00 a.m.	Freestyle 5-10 Stroking Class
8:00-8:15 a.m.	Resurface
8:15-9:00 a.m.	Freestyle Practice (All Levels)
9:00-9:45 a.m.	Theatre On Ice
9:45-10:00 a.m.	Resurface
10:00-11:00 a.m.	Freestyle 1-4 Classes (30 min. class; 30 min. practice)
11:00-11:30 a.m.	Freestyle 1-4 Stroking Class
11:30-11:45 a.m.	Resurface

### Ice Dancing Sundays

4:45-5:30 p.m. Dance 1-4 or 5  
5:30-6:15 p.m. Dance 5 or 6 and up

Improve your overall skating by learning to skate ice dance patterns to the tango, waltz, cha-cha, and more! (\$16.13/week)

Fall term #1 or #2 (8 weeks)	\$129.00 (or as part of a package)
Winter term (9 weeks)	\$145.00 (or as part of a package)
Spring term #1 (5 weeks)	\$81.00 (or as part of a package)
Spring term #2 (5 weeks)	\$81.00 (or as part of a package)

### Introduction to Freestyle (FS 1 & 2) (All Ages)

**Mondays, 6:00 - 7:15 p.m.** (See packages for pricing)

6:00-6:30 p.m. Freestyle Stroking Class (All Levels)  
6:30-7:15 p.m. Introduction to Freestyle Class

Designed to help students transition to the Freestyle class and testing system, and includes program preparation for testing. If skaters attend the Saturday morning Freestyle classes, they will need private lessons to prepare a program for testing.

### Freestyle

**Wednesdays, 5:45 - 7:45 p.m.** (See packages for pricing)

5:45-6:15 p.m. Freestyle Stroking Class (All levels)  
6:15-7:00 p.m. Freestyle 3+ Classes  
7:00-7:45 p.m. Freestyle Practice & Adult Synchro

### Synchronized Skating Teams (Fall-April)

Support your team! It's fun, and synchro events earn more points than individual events at ISI competitions. It counts as a regular class in any of the price packages. It's included in All You Can Skate packages.

Teen/Collegiate:	\$360.00 or 4 pmts of \$99.00
Sr Youth/Teen:	\$360.00 or 4 pmts of \$99.00
Jr Youth/Youth:	\$260.00 or 4 pmts of \$71.50
Adults:	\$50.00 each term

Costume fees are extra. See *Synchronized Skating brochure*.

### Regular School Prices: (Additional class in each package includes a 5% discount)

	Fall #1	Fall #2	Winter	All Fall & Winter (Additional 5% discount)
<b>Package A</b> Stroking & 1 Class (8.50 stroking + 16.25 class = \$24.75/week)	\$198.00	\$198.00	\$222.75	\$587.80
<b>Package B</b> Stroking & 2 Classes (8.50 stroking + 16.25 + 13.81 = \$38.56/week)	\$308.00	\$308.00	\$347.00	\$915.00
<b>Package C</b> Stroking & 3 Classes (8.50 stroking + 16.25 + 13.81 + 13.00 = \$51.56/week)	\$412.00	\$412.00	\$464.00	\$1224.00

	Spring #1	Spring #2	All Fall, Winter & Spring (Additional 5% discount)
<b>Package A</b> Stroking & 1 Class (8.50 stroking + 16.25 class = \$24.75/week)	\$123.75	\$123.75	\$823.00
<b>Package B</b> Stroking & 2 Classes (8.50 stroking + 16.25 + 13.81 = \$38.56/week)	\$193.00	\$193.00	\$1281.00
<b>Package C</b> Stroking & 3 Classes (8.50 stroking + 16.25 + 13.81 + 13.00 = \$51.56/week)	\$258.00	\$258.00	\$1713.00

Monthly payment option: (No discounts apply)  
Spread over 10 months: August through May

Package A	Stroking & 1 Class	\$95.00/mo
Package B	Stroking & 2 Classes	\$148.00/mo
Package C	Stroking & 3 Classes	\$198.00/mo

Drop-Ins... Classes: \$20.00 Stroking: \$12.00

### Theatre On Ice

**Saturdays 9:00-9:45 a.m. (Included in AYCS)**  
**Fall through Spring**  
Learn about Show Skating!  
Be a part of our production number for the Winter competition and our show in the Spring. Cost: \$125.00 (regardless of when you join the class during the year) Also requires costume/prop fee of \$55.00. This program is available to students enrolled in classes.

All Ages & Levels



### NUTCRACKER ON ICE

The 29th annual *Nutcracker On Ice* will be presented December 6-10, 2016. Any skater enrolled in any package or in All You Can Skate may participate. Please register by September 30th. Rehearsals begin Oct. 10th.

### Freestyle Practice & Stroking Pass

Covers ten (10) stroking classes or freestyle practice sessions (appropriate for your level). Must check in at main counter! **\$95.00**



#### Stroking Classes:

**Mondays 6:00 p.m.**  
**Wednesdays 5:45 p.m.**  
**Saturdays 7:30 a.m. & 10:30 a.m.**

For Practices, see "Skaters Guide & Practice Ice" brochure

Drop-in price for stroking and practices: \$12.00



Have You Considered "All You Can Skate"?

Choose from several different packages -- all the ice time you could ask for -- one monthly fee!

See "All You Can Skate" brochure for details.

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

**Calendar Note:** We will *not* have classes the weeks of Thanksgiving (Nov. 21-27) or Nutcracker On Ice (Dec. 5-10). Also, we will not have classes one weekend in mid-Winter so that the Ice Chalet team can compete at an ISI competition. These days are *not* priced in packages.

### Practice Ice & Private Lessons

Private lessons can be helpful if you need some extra help with passing the tests required for Freestyle levels, or if you plan on competing. Private lessons are scheduled and paid for directly with the instructor of your choice, usually during "practice ice" times or slow public sessions. See our *Skaters' Guide and Practice Ice* brochure for schedules. Refer to the *Private Lessons* brochure or our web site for information about instructors, [www.chaleticerinks.com](http://www.chaleticerinks.com).