

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 \$ 95.00
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 \$ 12.00 \$ _____

Individual Public Session Pass (skate rental not included)
 25.00 (covers 5 public sessions) \$ _____

Individual Public Session Pass "Plus" (incl. skate rental)
 45.00 (covers 5 public sessions) \$ _____

Monthly Individual Public Session Pass
 \$ 60.00/mo. \$ _____

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

Total Payment \$ _____

\$ 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 all liability.*

Signature of Parent or Skater _____

Date _____

Counter use: Amt. paid: _____ Date: _____ Initial: _____

Public Sessions

*Special, Extended Holiday Hours Dec. 22-Jan. 8
No sessions Dec. 5-10 due to Nutcracker On Ice.*

Monday 12:00-3:30 pm
Tuesday 12:00-3:30 pm
Wednesday 12:00-5:30 pm & 8:00-10:00 pm
Thursday 12:00-3:30 pm & 8:00-10:00 pm
Friday 12:00-5:30 pm & 7:30-10:00 pm
Saturday 1:30-10:00 pm
Sunday 1:30-4:30 pm

Admission \$ 6.00 Skate Rental \$ 6.00
Age 5 & under: \$ 6.00 Group Rates Available

SPECIAL PRACTICE TIMES

**For skaters already enrolled in
classes!**

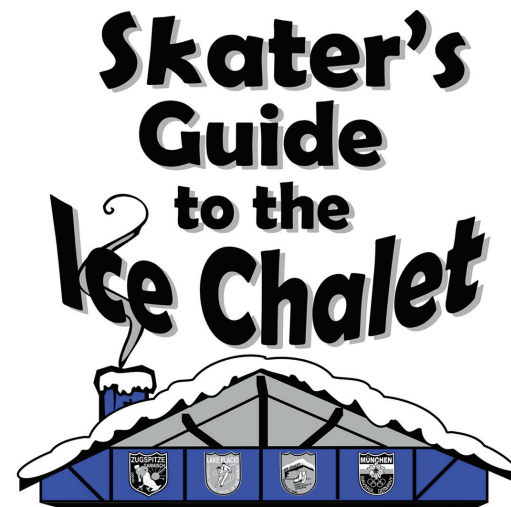
Team Time Fridays 6:15-6:45 p.m.
(Fall-Spring)
Special practice time for Ensembles, Team
Compulsories, Couples, and Pairs. Be ready for
competitions and shows.

SPECIAL HOLIDAY PRACTICE TIMES

During the holiday season, December 22
-January 8, the practice schedule changes
significantly. Please look for our *Holiday
School* brochure for details.

CALENDAR ONLINE

Although rare, occasional changes occur
during the season, so please check our
online calendar for the latest schedule:
www.chaleticerinks.com/Calendar.html



Practice Ice & Skater's Guide

2016-2017 Season

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

*The Robert Unger & Larry LaBorde
School of Ice Skating*

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

Over the past 50+ 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 and for participation in shows and 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 1 (Beginner Alpha) & 2 (Advanced Alpha)

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

Beta 1 (Beginner Beta) & 2 (Advanced Beta)

Students work on backward stroking and backward cross-overs, 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 foot-work 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.

Freestyle Practice Sessions

Not just for Freestyle skaters! Sessions may be limited to a specific number of skaters for safety, and levels are strictly enforced during busy sessions.

Test Days for Freestyle, Dance, Pairs, etc. (subject to change):
Aug. 30, Sep. 27, Oct. 25, Nov. 26, Jan. 7, Jan. 31, Feb. 28,
March 28, April 25, and May 30.

Days & Times (During Fall, Winter & Spring Terms)

Mondays

3:45-4:45 p.m. *Beginner - Freestyle 3*
4:45-5:45 p.m. *Beginner - Freestyle 3*

Tuesdays (Note: Includes several test days)

6:00-8:00 a.m. *All Levels*
8:00-9:00 a.m. *All Levels*
3:45-4:45 p.m. *Freestyle 1-10*
4:45-5:45 p.m. *Freestyle 1-10*

Wednesdays

6:00-8:00 a.m. *All Levels*
8:00-9:00 a.m. *All Levels*
7:00-8:00 p.m. *All Levels*

Thursdays

6:00-8:00 a.m. *All Levels*
8:00-9:00 a.m. *All Levels*
3:45-4:45 p.m. *Gamma-Freestyle 10*
4:45-5:45 p.m. *Gamma-Freestyle 10*

Fridays

6:00-8:00 a.m. *All Levels*
8:00-9:00 a.m. *All Levels*
6:15-6:45 p.m. *Team Practices (3+ skaters)*

Saturdays

5:30-6:30 a.m. *All Levels*

Sundays

9:00-10:00 a.m. *Freestyle 4 & up*
10:00-11:00 a.m. *Freestyle 4 & up*

11:15 a.m.-12:15 p.m. *Basics - Freestyle 3*
12:15-1:15 p.m. *Basics - Freestyle 3*

Private Lessons

Private lessons can be helpful if you need some extra help preparing a program choreographed to music for testing, competitions, and exhibitions. Refer to the "Private Lessons" brochure or our web site, chaleticerinks.com.

Should I buy my own skates?

Skate rental is free with your lessons. However, 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. 865-588-1858



Individual Public Session Pass

\$ 25.00 for 5 sessions. Skate rental is extra.

Individual Public Session Pass Plus

\$ 45.00 for 5 sessions. Skate rental is included.

Monthly Individual Public Session Pass

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

Monthly Family Public Session Pass

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

Freestyle Practice & Stroking Pass

\$ 95.00 for 10 sessions (\$ 9.50/session)
Attend any of our regular freestyle practice sessions appropriate for your skill level or choose a stroking class instead. Skaters must check-in at the main counter! See "Freestyle" brochure for the stroking class schedule. Covers off-ice conditioning classes, too!

Nutcracker On Ice -- Practices Oct. 10 - Dec. 4

Students enrolled in our school for the Fall term (both Fall terms for Freestyle skaters) are eligible to participate in our annual holiday show to be presented December 1-5. Any skill levels, any age! Entries are due September 28th. Please note that Nutcracker rehearsals are held during our freestyle practice times so some of these practices are going to be crowded. Private lessons will be limited or impractical in these sessions.

