## 2017-2018 All You Can Skate Registration Form

	Skate Registra	tion Form
Name	(Please print clearly)	
Address	A CONTRACTOR OF THE PARTY OF TH	
Address		
City	State	Zip
Phone	Birthdate	
E-mail address		ME M.
☐ Please do not includ Highest Test Passed:	le my information in the sch Delta/Freestyle	ool directory.  Dance
Regular "All You (	Can Skate" (without Su	ımmer School)
12-Month Plan		60.00/month
□ 10-Month Plan	\$ 17	75.00/month
	e" (with Summer Scho	
☐ 12-Month Plan		05.00/month 0.00/month
DISCOUNT for first ad No other discounts a Not available for lan	apply30.00	\$
COSTUME/PROP FE	ES:	
☐ Synchro Costume Fo	ee (TBA)	\$
Summer TOI Costu		\$ 35.00 \$ 55.00
☐ Fall/Wtr TOI Costu	Total:	\$ 33.00
Options if you prefer	not to enroll in All You (	
☐ Theatre On Ice:	Summer Continue / Drop Foo	
	Summer Costume/Prop Fee Fall, Winter & Spring	\$ 125.00
	Fall/Wtr/Sp Costume/Prop	Fee \$ 55.00
☐ Freestyle Strokin		\$ 95.00
	al Public Session Pass (8	
	Session Pass (xSkate Renta Session Pass Plus	
	Public Session Pass	\$ 52.00 \$ 125.00
	semble/Production Team	
J	Total:	\$
\$25.00 of your to	otal is a non-refundabl	le registration
its owners, and a	risk and hereby release t ll personnel from any and also agree to pay monthly	d all liability.
Signature of Pare	ent or Skater	Date
	Office Use Only	

Date:

Init:

Amt. paid:

# Off-Ice Conditioning & Nutrition

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.

- Exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing both speed and power
- Short-distance running
- A good diet can help you improve not only your skating skills, but also your energy levels

...And Other Conditioning Exercises

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



## ProSkaters Weekend April 14-15, 2018

There will be no classes or practices the weekend of April 14-15, when we hold our annual ProSkaters Performance Camp and Auditions! Skaters can make up these classes on the Monday or Wednesday of their choice.



# YOU CAN SKATE

and other opportunities for extra ice time for advanced skaters!

2017-2018 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

## 2017-2018 "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, with a 5-day grace period. If payment is late, there will be an additional \$ 15.00 fee assessed.

**Special Family Discount** (Any AYCS or AYCSAY Plan): \$ 30.00 off for first additional family member each month. No other discounts apply, and this discount is not available for late payments.

#### **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 \$ 52.00 Save \$ 8!

(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! Our production & show team...

Summer Term \$ 50.00\* Fall, Winter & Spring \$ 125.00\*

(Included in All You Can Skate packages)

\*Plus costume/prop fee:

\$ 35.00 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 30th annual Nutcracker On Ice will be presented December 4-9, 2017. Please register by September 10th.

#### CALENDAR NOTES

We will not have classes the weeks of Thanksgiving (Nov. 20th) through Nutcracker On Ice (Dec. 9), March 24 (out-of-town competition), or the weekend of ProSkaters, April 14-15. Skaters can make up the March 24 and April 14 classes on the Monday or Wednesday of their choice.

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**, for information about available instructors.