



# Winter Contract dates - Jan. 7 - Jun. 15, 2019

## CONTRACT REGISTRATION FORM

*Contracts are due by January 11: A \$30 late fee will be assessed after this date*

Skater's Name: (First) \_\_\_\_\_ (Middle Initial) \_\_\_\_\_ (Last) \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Circle: Male or Female

Home Phone Number: \_\_\_\_\_ Parent E-mail Address: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact Other Than Parents: \_\_\_\_\_ Emergency Contact Phone Number: \_\_\_\_\_

**Coach(es):** \_\_\_\_\_ **HIGHEST FREESTYLE TEST PASSED:** \_\_\_\_\_

Home Club: \_\_\_\_\_ Second Club: \_\_\_\_\_ **USFSA #:** \_\_\_\_\_

| X   | Time             | CLASS      | RATE           | # WKS | TOTAL    |
|---|------------------|------------|----------------|-------|----------|
| <b>MONDAY</b>   |                  |            |                |       |          |
|   | 6:00 - 7:00 AM   | G          | \$10.00        | 22    | \$220.00 |
|   | 7:00 - 8:00 AM   | G          | \$10.00        | 22    | \$220.00 |
|   | 8:00 - 9:00 AM   | G          | \$10.00        | 22    | \$220.00 |
|   | 1:40 - 2:40 PM   | G          | \$10.00        | 22    | \$220.00 |
|   | 2:40 - 3:40 PM   | G          | \$10.00        | 22    | \$220.00 |
|   | 3:50 - 4:50 PM   | G          | \$11.00        | 22    | \$242.00 |
|   | 4:50 - 5:50 PM   | G          | \$11.00        | 22    | \$242.00 |
| Off-Ice at the MAC  |                  |            |                |       |          |
| <b>Important Dates: No Ice on 5/27 (Memorial Day)</b>   |                  |            |                |       |          |
| <b>TUESDAY</b>  |                  |            |                |       |          |
|   | 6:00 - 7:00 AM   | G          | \$10.00        | 23    | \$230.00 |
|   | 7:00 - 8:00 AM   | G          | \$10.00        | 23    | \$230.00 |
|   | 8:00 - 9:00 AM   | G          | \$10.00        | 23    | \$230.00 |
|   | 1:40 - 2:40 PM   | G          | \$10.00        | 23    | \$230.00 |
|   | 2:40 - 3:40 PM   | G          | \$10.00        | 23    | \$230.00 |
|   | 3:50 - 4:50 PM   | H          | \$11.00        | 23    | \$253.00 |
|   | 4:50 - 5:50 PM   | G          | \$11.00        | 23    | \$253.00 |
|   | 5:50 - 6:20 PM   | G          | \$5.50         | 23    | \$126.50 |
| Off-Ice at the MAC  |                  |            |                |       |          |
| <b>WEDNESDAY</b>  |                  |            |                |       |          |
|   | 6:00 - 7:00 AM   | G          | \$10.00        | 23    | \$230.00 |
|   | 7:00 - 8:00 AM   | G          | \$10.00        | 23    | \$230.00 |
|   | 8:00 - 9:00 AM   | G          | \$10.00        | 23    | \$230.00 |
|   | 9:00 - 10:00 AM  | G          | \$10.00        | 23    | \$230.00 |
|   | 1:40 - 2:40 PM   | G          | \$10.00        | 23    | \$230.00 |
|   | 2:40 - 3:40 PM   | G          | \$10.00        | 23    | \$230.00 |
|   | 3:50 - 4:50 PM   | G          | \$11.00        | 23    | \$253.00 |
|   | 4:50 - 5:20 PM   | G          | \$5.50         | 23    | \$126.50 |
| <b>Important Dates:</b>   |                  |            |                |       |          |
| <b>THURSDAY</b>   |                  |            |                |       |          |
|   | 6:00 - 7:00 AM   | G          | \$10.00        | 23    | \$230.00 |
|   | 7:00 - 8:00 AM   | G          | \$10.00        | 23    | \$230.00 |
|   | 8:00 - 9:00 AM   | G          | \$10.00        | 23    | \$230.00 |
|   | 1:40 - 2:40 PM   | G          | \$10.00        | 23    | \$230.00 |
|   | 2:40 - 3:40 PM   | G          | \$10.00        | 23    | \$230.00 |
|   | 3:50 - 4:50 PM   | G          | \$11.00        | 23    | \$253.00 |
|   | 4:50 - 5:50 PM   | G          | \$11.00        | 23    | \$253.00 |
|   | 6:00 - 6:45 PM   | Jump Class | \$10.00        | 13    | \$130.00 |
| <b>Important Dates: No Jump Class on 1/24, 2/14, 3/7, 3/14, 3/28, 4/4, 4/25, 5/2, 5/16, 5/23</b>  |                  |            |                |       |          |
| <b>FRIDAY</b>   |                  |            |                |       |          |
|   | 1:40 - 2:40 PM   | Int.       | \$10.00        | 21    | \$210.00 |
|   | 2:40 - 3:40 PM   | G          | \$10.00        | 20    | \$200.00 |
|   | 3:50 - 4:50 PM   | H          | \$11.00        | 19    | \$209.00 |
|   | 4:50 - 5:50 PM   | G          | \$11.00        | 18    | \$198.00 |
|   | 5:50 - 6:20 PM   | G          | \$5.50         | 18    | \$99.00  |
| <b>Important Dates: 1/18: No 2:40, 3:50, 4:50 or 5:50, 2/1: No 4:50 or 5:50, 2/22: No 3:50, 4:50 or 5:50, 3/15: NO ICE, 3/22: NO ICE</b>  |                  |            |                |       |          |
| <b>SATURDAY</b>   |                  |            |                |       |          |
|   | 6:10 - 7:10 AM   | G          | \$10.00        | 21    | \$210.00 |
|   | 7:10 - 8:10 AM   | G          | \$10.00        | 20    | \$200.00 |
|   | 8:10 - 8:40 AM   | Stroking   | \$6.00         | 19    | \$114.00 |
|   | 8:50 - 9:50 AM   | Int.       | \$10.00        | 18    | \$180.00 |
|   | 9:50 - 10:50 AM  | G          | \$10.00        | 17    | \$170.00 |
|   | 11:00 - 12:00 PM | Dance      | Castille Nieri |       |          |
| <b>Important Dates: 1/12: No 7:10, 8:10, 8:50 or 9:50, 1/19: NO ICE, 2/16: No 8:50 or 9:50, 2/23: No 8:10, 8:50 or 9:50, 3/16: NO ICE, 3/23: No 9:50. No Dance: 1/12, 1/19, 2/16, 2/23, 3/16, 3/23, 4/6, 4/20, 4/27, 5/18, 5/25</b> |                  |            |                |       |          |

| Session    | Cost  | Quantity                     | Total \$ |
|------------|---|------------------------------|----------|
| Freestyle  | \$10.00   |                              |          |
| Prime Time | \$11.00   |                              |          |
| 1/2 hr     | \$5.50 <small>(specified sessions only)</small> |                              |          |
| Stroking   | \$6.00  |                              |          |
| Jump Class | \$10.00   |                              |          |
| Dance      | Punchcard                                       | <b>Pay Castille Directly</b> |          |
| Late Fee   | \$30 <small>(if after Jan. 11)</small>          |                              |          |

### PAYMENT INFORMATION

- Please make checks payable to: SUBURBAN ICE-EAST LANSING. If paying by check or cash you must provide a Credit Card # below. Credit card will only be charged in the event of an overdue payment.
- A \$40 bank fee will be charged for all returned checks, \$25 fee for each month a payment is late.

**NO REFUND OR CREDIT WILL BE GIVEN FOR DELETIONS TO CONTRACT.**

**PAYMENT PLANS (please circle desired plan)**  
**\*CONTRACTS UNDER \$300 MUST BE PAID IN FULL**

**TWO-PAYMENT PLAN**  
(with a \$300 minimum contract)  
 1<sup>ST</sup> PMT: Due with contract  
 2<sup>ND</sup> PMT: Due Feb. 11, 2019

**THREE-PAYMENT PLAN**  
(with a \$600 minimum contract)  
 1<sup>ST</sup> PMT: Due with contract  
 2<sup>ND</sup> PMT: Due Feb. 11, 2019  
 3<sup>RD</sup> PMT: Due May. 6, 2019

### PAYMENT METHOD

Visa AmEx MasterCard Money Order Cash Check# \_\_\_\_\_  
 Card Number \_\_\_\_\_  
 Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_  
 Name of Cardholder \_\_\_\_\_  
 Signature \_\_\_\_\_

|                             |                                     |
|-----------------------------|-------------------------------------|
| <b>FOR OFFICE USE ONLY:</b> |                                     |
| Contract Total: _____       | Number of Payments Remaining: _____ |
| 1st Payment Amount: _____   | Amount per Payment: _____           |
| 2nd Payment Amount: _____   | Remaining Amount: _____             |
| 3rd Payment Amount: _____   | Remaining Amount: _____             |

### IMPORTANT INFORMATION

**PROPER SKATING ATTIRE IS REQUIRED ON ALL FREESTYLE SESSIONS. NO SNOWPANTS, HELMETS, JEANS OR HOODS**

- Ice must be purchased in hour blocks with the exception of the 5:50-6:20pm sessions on Tuesdays and Fridays, and the 4:50-5:20pm session on Wednesdays
- No basic skills level skaters are allowed on the 3:50-4:50 sessions Monday - Friday
- Drop in rate is \$16/hr. and \$8.00/half hr.
- **THIS SCHEDULE IS SUBJECT TO CHANGE. CREDITS WILL BE ISSUED IF SCHEDULING CONFLICTS OCCUR.**

#### LEVEL RESTRICTIONS ACCORDING TO TESTS PASSED

- **(G) General:** No test (No basic skills skaters 3:50-4:50pm)
- **(H) High:** Juv IJS through Senior FS (No Open-Juv, Dance, MIF, or Pairs)
- **(Int.) Intermediate:** Axels and above, ONLY MIF and FS
- No Hockey Skating can be taught on Freestyle Ice. **No hockey skates allowed on Freestyle.**

**Changes-** A change is a switch of a day or time for the duration of the contract. In order to receive credit for missed ice time, you must email Erin with the exact sessions (date and times) that were missed.

**PLEASE SEE REVERSE SIDE FOR A DESCRIPTION OF OUR OFF-ICE PROGRAM CLASSES AND INSTRUCTORS**

## WINTER OFF-ICE AT THE MAC

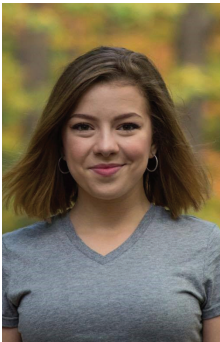
This program is being run exclusively through the MAC! Further details of this program will come from the coordinator, Melissa Eyde. Any and all questions related to this program should be directed to Melissa at [MEyde@themac.org](mailto:MEyde@themac.org). Please register in advance so that they can plan class times and instructors accordingly!



# OFF-ICE TRAINING at Suburban Ice

## INSTRUCTORS & CLASS DESCRIPTIONS

### DANCE - CASTILLE NIERI



The goal of this class is to improve body alignment and coordination, develop balance and focus, increase flexibility and strength, and be able to apply dance technique into any performance. The class structure includes a 10 min warm-up, 20 min at the barre/across the floor work, 10 min conditioning, and 20 min combo work, but will change depending on the class (Ballet, Modern, Musical Theatre).

A 10-class punch card is purchased from Castille prior to the beginning of classes for \$120.00.

#### **ABOUT CASTILLE:**

Castille has been performing for 19 years, dancing, acting and singing. She is trained in Jazz, Contemporary, Musical Theatre, Hip Hop, Ballet, Lyrical, Tap, Hula, Swing, African, Salsa, Pom, Mambo, Partnering, and Afro-Brazilian. She is a student at Michigan State University studying for a BA in Theatre with a Dance Minor and a Musical Theatre Minor. I am also going to be a teacher's assistant for the Musical Theatre Styles class at MSU in the Fall.

#### **Contact Information:**

[castilledance@gmail.com](mailto:castilledance@gmail.com)

\*You can also get updates from Castille using Remind101. Here's the link to sign-up: <https://www.remind.com/join/sidance>, or if you already have an account you can add our "class" at @sidance

### JUMP CLASS

This class is designed to help your skater master the ability to practice jumps off-ice with proper technique for the purpose of warm-up routines and on-ice consistency. The course aims to instill balance, leg strength, increased rotational speed, and improve form and control of landings. Other primary focuses include coordination, agility, core strength, and flexibility. Taught by our own professional staff, this class is catered towards skaters of all ages and skill levels. Please check with your head coach before signing your skater up!

## ON-ICE GROUP CLASS

### STROKING & EDGE CLASS (ON ICE)

The aim of this on-ice class is to educate skaters on the different types of turns, improve depth and quality of edges, and increase skaters' flow across the ice. Other focuses include speed and agility, improved stamina, multi-directional skating and balance. Taught by our professional staff, this class is available to skaters of all ages and skill levels. Please check with your head coach before signing your skater up!

**Waiver/Consent**  
**Figure Skating Policies**  
**Please read and sign**

- *Suburban Ice East Lansing (SIEL) shall not be liable for any and all claims or actions of any kind whatsoever for injuries, damages, or losses of any kind to persons or property which may be sustained in connection with any SIEL activity.*
- *Recognizing the normal risk of skating on ice, I agree to skate at my own risk and to abide by all skating policies established by SIEL, the SIEL Management and/or professionals. SIEL assumes no responsibility for accidents on or off the ice, or damage to personal property.*
- *In the event an emergency situation arises, in which I/we are unable to be contacted or unavailable for immediate authorization, I/we give permission to \_\_\_\_\_ or if unavailable, to SIEL, to arrange for emergency procedures for the contracted skater at a local hospital, or by a physician, and agree to hold all parties harmless.*
- *SIEL reserves the right to cancel scheduled events without liability, other than reimbursement credit.*
- *SIEL is not responsible for lost, late, stolen, or misdirected mail.*
- *SIEL requires that ice contracts are turned in by the designated due date. A \$30 late fee will be applied to all contracts after the due date.*
- *A participant may use a 'makeup' for any missed sessions (for the same amount of missed sessions) within the current contract dates. Unused sessions **cannot** transfer to a future contract or punch cards. Credits will only be given upon injury with a doctor's letter documenting the injuries or illness.*
- *Participant acknowledges that during the course of participation in activities, SIEL may take photographs, audio recordings, and/or video recordings of participant. Participant hereby grants SIEL permission to use any and all such photographs, audio, or video recordings of the participant for advertising, promotional or educational purposes. Such use may include publication in programs, advertising, posters, flyers, radio, television, or other methods, and may be seen or heard by large numbers of individuals, including potential customers of SIEL. Participant waives all rights to any financial remuneration of any such use.*

**Injury Policy**

- *If a skater is unable to skate for 30 days or more due to any injury or illness, they may request that their contract be cancelled until the skater can resume full skating activities. This request should be in writing with a doctor's letter indicating the extent of the injury, to document the request. The contracted skater is responsible for paying their full membership and all ice contracted until SIEL is notified.*

**Suburban Ice East Lansing Skater's Policies**

1. ALL Skaters must check off their name in the Freestyle Contract Sheet binder, located at the front desk prior to getting on the ice.
2. If you are planning on using your contract time on another day, you must contact Erin Banner, via email, prior to the missed session.
3. Water or natural fruit juice only are allowed by the ice area. PLASTIC BOTTLES ONLY! Eating and chewing gum are not allowed on the ice.
4. Proper respect must be shown to all Professionals, off-ice instructors, and parents.
5. Do not interrupt Professionals while they are in a lesson.
6. SKATERS IN A PROGRAM OR LESSON HAVE THE RIGHT OF WAY.
7. Foul language and purposely kicking or gouging the ice is forbidden. You will be asked to leave the ice (by any coach), forfeiting your money for the session.
8. Hair should always be worn up, off the neck with bangs out of your eyes. Always keep extra hair bands and clips in your skating bag.
9. Please throw away tissues in the wastebasket located inside the music box area.
10. Spectators and Parents should view skaters from the lobby and bleachers only. Please do not communicate with your skater during a session unless it is an emergency.

I HAVE READ THE ABOVE RULES AND CONDITIONS, AND AGREE TO ADHERE TO THEM. I ALSO UNDERSTAND THAT I AM RESPONSIBLE FOR THE FULL PAYMENT OF THIS CONTRACT REGARDLESS OF CIRCUMSTANCE. CONTRACT WILL NOT BE HONORED WITHOUT SIGNATURE.

Parent/Guardian's Signature \_\_\_\_\_

Skater Signature \_\_\_\_\_



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East Lansing, MI 48823  
(517) 336-4272  
[suburbaniceeastlansing.com](http://suburbaniceeastlansing.com)