

FORMAT OF SESSIONS

Daily Schedule

1 1/2 hrs.	on-ice training
1/2hr.	off-ice training
1/2 hr.	break for lunch
	please pack a sack lunch (to be eaten in the locker rooms)—or kids can buy food/snacks at the concession stand)
1/2hr.	off-ice training
1 1/2 hrs.	on-ice training

On-ice training includes

30 minute basic skills group lesson

Skaters will be grouped based on current skating level and work on passing 1 USFS basic skill level.

30 minute jump and spin class

Basic 1 thru Basic 6 will work on 2 and 1 foot spins, bunny hops, and a waltz jump. The advanced skaters will work on scratch spins through camels and combination spins. Jumps will range from salchows to axels.

30 minute Ice Synchronized Skating Classes

Skaters will learn the basics of Synchronized skating as stated in the USFS skills booklet. Skaters will learn skating handholds, lines, pinwheels and more.

30 minute style & choreography class

During this class skaters will learn the skills in the first level of Artistry In Motion. (The skills are listed in the USFS skills booklet) Some skills included are head and arm movement, facial expression, music interpretation and more! This class will have a program set to music which the skaters will perform at the end of the week.

30 minutes of practice time during each 1 1/2 on ice session

Directions:

See the South Metro Ice N Inline web site at www.southmetroice.com for directions.

Off-ice training includes

Dance class—Monday & Wednesday

The Coaches will hold a jazz/hip hop dance class.

Off-ice jump class— Tuesday

Coaches will review jumps that the skaters have learned or will learn. This helps the athletes learn body placement during each stage of each jump.

Stretching class— Tuesday

In figure skating flexibility is very important as seen in Michelle Kwan and Sasha Cohen's spins and spirals. The skaters will learn a variety of stretching techniques that are safe and will help the skaters achieve beautiful skating positions. We will learn a spiral and other flexibility moves, off-ice.

Beginning Ballet— Monday & Wednesday

Skater will learn basic ballet positions and controlled body movement.

NOTES

On Thursday during the 45 minutes, each skater will have the option to perform their group program and an individual program if they have one for their parents and friends.

Please drop off your skater by 9:15 and pick them up no later than 2:15pm.

Parents must stay for skaters age 4 and under and those not potty trained. Parents for skaters 5 and above may leave their skater. Parents that do stay must remain in the bleachers or in the concession area to avoid distracting the skaters and coaches.

Private Lessons—Private lessons are available Monday through Thursday during the skaters practice time. Lessons are 15 minutes in length and are \$10 per lesson. If the skater already has a private coach, lessons can be taken during their individual practice time. This is only an extra option and is **not required**. You can choose from 1 to 7 lessons if desired.

WHAT TO WEAR

Proper Figure Skating attire required (Girls—dress, tights, & sweater/sweatshirt. For boys, athletic pants (no jeans) sweater or sweatshirt—no baggy tops)

Figure skates (Your own or rental for \$1/day).

Dresses and tights are available in the pro shop, the Dance Bag in West Chester on rt. 42 & West Chester Road or Diana's on Blue Ash Rd just south of Ronald Reagan Highway.

Mittens or gloves suggested.

Gym Shoes for off-ice training

Hair if long should be worn up in a pony tail or bun.

Towel—Bring a towel to sit on during stretch class

Water Bottle—Bring a water bottle to take with you to the ice.

Register Here

(Mail in, register on line, or turn in to the South Metro office—they will forward it to us)

Phone Number _____

Skater's Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Birth date _____ 2nd phone _____

Last Level Passed _____

Do you currently have a private lesson coach? _____

If yes, name _____ Phone _____

Do you wish private lessons during the practice time? ____
(Lessons are \$10 per 15 minutes for those who do not currently have a coach)

Signing up for

Circle the days you wish to attend

12/21, 12/22, 12/26, 12/27, 12/28, 12/29

2 Days @ \$50.00/day = \$100

3 Days @ \$47.50/day = \$142.50

4 Days @ \$45.00/day = \$180

5 Days @ \$42.50/day = \$212.50

6 Days @ \$40.00/day = \$240

of days total _____

Private Lessons ____X \$10 _____

\$7.50 USFS fee _____

TOTAL _____



Pay checks to the order of LTS

We also accept Visa, Master Card and Discover

____/____/____/____ exp ____/____

Deadline November 21st, 2006

Waiver, Release and Policy Form
September 1, 2006 to August 31, 2007
Learn-to-Skate Cincinnati, LLC at South Metro
d/b/a Learn to Skate Dayton

Skaters Name (Please Print) _____

Parent or Guardian name if under 18 (Please Print) _____

Waiver and Release

I, the undersigned, hereby acknowledge that I have voluntarily applied to participate in or if I am the parent or legal guardian, I have applied to place my child or minor for which I am responsible, in the Learn-to-Skate Cincinnati Program. By enrolling myself or my child or minor, I represent that I, or my child or minor am/is physically fit and am aware of no medical or health reasons why I/he/she should not participate in the activities that take place during the 2006/2007 skating season (September 1, 2006 to August 31, 2007) of the Learn-to-Skate Dayton Program and that the following is a list of all my child or minor's health conditions: _____

_____ Initial

I am aware that participation in the Learn-to-Skate Dayton Program by myself or my child or minor will result in the engagement of physical activities, and am voluntarily participating in these activities with the knowledge of the danger involved and hereby agree to accept any and all risks of injury or death.

_____ Initial

As lawful consideration for being permitted by Learn-to-Skate Cincinnati, LLC d/b/a Learn to Skate Dayton, South Metro Ice -n- Inline or one of it's affiliated organizations to participate in these activities and use their facilities, I hereby agree that I, on behalf of myself or my child or minor, my or their heirs, distributees, guardians, legal representatives and assigns will not make a claim against, sue, attach the property of, or prosecute Learn-to-Skate Cincinnati, LLC d/b/a Learn to Skate Dayton or South Metro Ice -n- Inline and/or its agents officers or directors., and or any of its affiliated organizations and/or its agents officers or directors for injury or damage resulting from negligence or other acts, how so ever caused, by any employee, agent or contractor of Learn-to-Skate Cincinnati, LLC d/b/a Learn to Skate Dayton or South Metro Ice -n- Inline its affiliates, as a result of my participation in the Learn-to-Skate Dayton Program.

I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and a contract between myself and both Learn-to-Skate Cincinnati, LLC d/ b/a Learn to Skate Dayton and South Metro Ice -n- Inline, and/or affiliates or parent company, and have signed of my own free will.

Date: _____

Signature: _____

1. 100% Refund before the first class – USFSA fee non-refundable
 2. 75% after the first class (50% after first class for 4 week programs)
 3. No refund after 2nd week without verification of medical reasons.
 4. \$30 fee on all returned checks
 5. There are no make-up classes
 6. LTS Cincinnati reserves the right to cancel or rearrange classes according to enrollment.
 7. Parents may not view class from player benches. Bleacher are available for viewing purposes.
- I understand LTS Cincinnati may take pictures of the classes and use them in advertising or on their Web Site.

Date: _____

Signature: _____

Winter Figure Skating Camp

by

Learn-to-Skate Dayton



Levels
Basic 1 & Sam 1
to
Free Skate 6

You choose from 2-6
days
12/21, 12/22, 12/26, 12/27,
12/28, 12/29

Call Denise or Bob Mackey at
(513) 759-4259
www.southmetroice.com

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