Wichita Ice Center Skating Academy Ice Schedule May 1-31, 2012 NAME: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CONTRACTS ARE DUE BY MONDAY, APRIL 30, 2012 TO RECEIVE CONTRACT RATE		**1** 6:00-7:00am–Gen FS 3:00-4:00pm–Gen FS 4:15-5:15pm–Gen FS 5:15-5:30pm–Power Stroking Class 5:30-6:00pm–Artistry in Motion & Theatre on Ice Class **OFF ICE** 5:30-6:00pm–Low Conditioning & Ballet Class	**2** 8:00-9:00am–Gen FS **OFF ICE** 3:00-3:45pm–F/S/C/C Class 4:00-5:00pm–Gen FS 4:00-4:30pm–Gen FS (Moves Skaters Only) 4:30-5:00pm–Moves Class 5:00-6:00pm–Gen FS **OFF ICE** 6:10-6:40pm–Plyo & OI Jumps Class	**3** 6:00-7:00am–Gen FS 3:00-4:00pm–Gen FS 4:00-4:45pm–Gen FS 4:45-5:15pm–Jumps/Spins Class 4:45-5:15pm–Gen FS 5:15-6:15pm–Gen FS **OFF ICE** 6:25pm-6:55pm–Off Ice Jumps Class	**4** 6:00-7:00am–Gen FS **OFF ICE** 2:15-3:00pm–F/S/C/C Class 3:15-4:00pm–Gen FS 4:00-5:00pm–Gen FS 5:00-6:00pm–Adult FS **DANCE WEEKEND**	**5** 8:00-9:00am–Gen FS 9:00-9:15am–Power Stroking Class **OFF ICE** 10:30-11:00am–F/S/C/C Class **DANCE WEEKEND**
6 5:30-6:30pm–Adult FS **DANCE WEEKEND**	**7** *ALL SESSIONS ON NHL* 4:00-5:00pm–Gen FS 5:00-6:00pm–Basic Skills FS Class 5:00-6:00pm–Gen FS *6:15-7:15pm–WFSC Dance Hour (contact BobBoroughs for info)*	**8** 6:00-7:00am–Gen FS 3:00-4:00pm–Gen FS 4:15-5:15pm–Gen FS 5:15-5:30pm–Power Stroking Class 5:30-6:00pm–Artistry in Motion & Theatre on Ice Class **OFF ICE** 5:30-6:00pm–Low Conditioning & Ballet Class	**9** 8:00-9:00am–Gen FS **OFF ICE** 3:00-3:45pm–F/S/C/C Class 4:00-5:00pm–Gen FS 4:00-4:30pm–Gen FS (Moves Skaters Only) 4:30-5:00pm–Moves Class 5:00-6:00pm–Gen FS **OFF ICE** 6:10-6:40pm–Plyo & OI Jumps Class	**10** 6:00-7:00am–Gen FS 3:00-4:00pm–Gen FS 4:00-4:45pm–Gen FS 4:45-5:15pm–Jumps/Spins Class 4:45-5:15pm–Gen FS 5:15-6:15pm–Gen FS **OFF ICE** 6:25pm-6:55pm–Off Ice Jumps Class	**11** 6:00-7:00am–Gen FS **OFF ICE** 2:15-3:00pm–F/S/C/C Class 3:15-4:00pm–Gen FS 4:00-5:00pm–Gen FS 5:00-6:00pm–Adult FS	**12** 9:15-10:15am–Gen FS 10:15-10:30am–Power Stroking Class **OFF ICE** 10:30-11:00am–F/S/C/C Class
13 4:15-5:15pm–Adult FS	**14** *ALL SESSIONS ON NHL* 4:00-5:00pm–Gen FS 5:00-6:00pm–Basic Skills FS Class 5:00-6:00pm–Gen FS *6:15-7:15pm–WFSC Dance Hour (contact BobBoroughs for info)*	**15** 6:00-7:00am–Gen FS 3:00-4:00pm–Gen FS 4:15-5:15pm–Gen FS 5:15-5:30pm–Power Stroking Class 5:30-6:00pm–Artistry in Motion & Theatre on Ice Class **OFF ICE** 5:30-6:00pm–Low Conditioning & Ballet Class	**16** 8:00-9:00am–Gen FS **OFF ICE** 3:00-3:45pm–F/S/C/C Class 4:00-5:00pm–Gen FS 4:00-4:30pm–Gen FS (Moves Skaters Only) 4:30-5:00pm–Moves Class 5:00-6:00pm–Gen FS **OFF ICE** 6:10-6:40pm–Plyo & OI Jumps Class	**17** 6:00-7:00am–Gen FS 3:00-4:00pm–Gen FS 4:00-4:45pm–Gen FS 4:45-5:15pm–Jumps/Spins Class 4:45-5:15pm–Gen FS 5:15-6:15pm–Gen FS **OFF ICE** 6:25pm-6:55pm–Off Ice Jumps Class	**18** 6:00-7:00am–Gen FS **OFF ICE** 2:15-3:00pm–F/S/C/C Class 3:15-4:00pm–Gen FS 4:00-5:00pm–Gen FS 5:00-6:00pm–Adult FS	**19** 9:15-10:15am–Gen FS 10:15-10:30am–Power Stroking Class **OFF ICE** 10:30-11:00am–F/S/C/C Class 12:00-1:00pm Exhibitions for skaters competing at any competition or testing
20 4:15-5:15pm–Adult FS	**21** *ALL SESSIONS ON NHL* 4:00-5:00pm–Gen FS 5:00-6:00pm–Basic Skills FS Class 5:00-6:00pm–Gen FS *6:15-7:15pm–WFSC Dance Hour (contact BobBoroughs for info)*	**22** 6:00-7:00am–Gen FS 3:00-4:00pm–Gen FS 4:15-5:15pm–Gen FS 5:15-5:30pm–Power Stroking Class 5:30-6:00pm–AIM & TOI Class **OFF ICE** 5:30-6:00pm–Low Conditioning & Ballet Class	**23** 8:00-9:00am–Gen FS **OFF ICE** 3:00-3:45pm–F/S/C/C Class 4:00-5:00pm–Gen FS 4:00-4:30pm–Gen FS (Moves Skaters Only) 4:30-5:00pm–Moves Class 5:00-6:00pm–Gen FS **OFF ICE** 6:10-6:40pm–Plyo & OI Jumps Class	**24** 6:00-7:00am–Gen FS 2:45-3:45pm–Gen FS 3:45-4:45pm–Gen FS 4:45-5:15pm–Jumps/Spins Class 4:45-5:15pm–Gen FS 5:15-6:00pm–Gen FS *6:30-7:45pm - WFSC Club Hour*	**25** 6:00-7:00am–Gen FS **OFF ICE** 2:15-3:00pm–F/S/C/C Class 3:15-4:00pm–Gen FS 4:00-5:00pm–Gen FS 5:00-6:00pm–Adult FS	**26** 9:15-10:15am–Gen FS 10:15-10:30am–Power Stroking Class **OFF ICE** 10:30-11:00am–F/S/C/C Class
27 4:15-5:15pm–Adult FS	**28** *ALL SESSIONS ON NHL* 4:00-5:00pm–Gen FS 5:00-6:00pm–Basic Skills FS Class 5:00-6:00pm–Gen FS *6:15-7:15pm–WFSC Dance Hour (contact BobBoroughs for info)*	**29** 6:00-7:00am–Gen FS 3:00-4:00pm–Gen FS 4:15-5:15pm–Gen FS 5:15-5:30pm–Power Stroking Class 5:30-6:00pm–AIM & TOI Class **OFF ICE** 5:30-6:00pm–Low Conditioning & Ballet Class	**30** 8:00-9:00am–Gen FS **OFF ICE** 3:00-3:45pm–F/S/C/C Class 4:00-5:00pm–Gen FS 4:00-4:30pm–Gen FS (Moves Skaters Only) 4:30-5:00pm–Moves Class 5:00-6:00pm–Gen FS **OFF ICE** 6:10-6:40pm–Plyo & OI Jumps Class	**31** 6:00-7:00am–Gen FS 3:00-4:00pm–Gen FS 4:00-4:45pm–Gen FS 4:45-5:15pm–Jumps/Spins Class 4:45-5:15pm–Gen FS 5:15-6:15pm–Gen FS **OFF ICE** 6:25pm-6:55pm–Off Ice Jumps Class		***CONTRACTS ARE DUE BY MONDAY, APRIL 30, 2012 TO RECEIVE CONTRACT RATE***

Wichita Ice Center Skating Academy Ice Schedule **May 1-31, 2012** **NAME: _____**

NOTE: Some General Freestyle sessions have been scheduled alongside (at the same time as) classes to increase availability of the ice. Please circle the appropriate session or class that you would like to purchase to ensure proper accounting.

On Ice Sessions:

Gen FS – Open session to work on full array of figure skating. *(Open to all skaters/levels)*

Freestyle – Session open to work only spins, jumps, footwork and programs. *(Open to all skaters/levels)*

Adult FS – Open session for skaters 18 years of age and older to work full array of figure skating. *(Open to all skaters 18+ years old)*

Dance/Spins/Moves – Session open to work only on dance, spins, footwork and moves. *(Open to all skaters/levels)*

Exhibition – Learn how to calm your nerves, master the ability to skate your testing or competitive programs during exhibition ice. Each skater will be allowed to skate their program(s) with a 5 minute warm-up in front of a small audience. *(Open to all skaters/levels)*

On-Ice Class Descriptions:

Artistry in Motion (AIM) – Perfect the quickness of your feet and the ability to add different body levels and positions throughout different footwork steps and sequences. *(Open to all skaters/levels)*

Basic Skills FS – Use this session to work on your jumps, spins, warm-up techniques and competition or testing programs as well as moves in the field tests with our professional staff instructors. *(Open to skaters Basic 4 through Preliminary Levels)*

Creative Edge – Learn how to achieve the proper body line while creating edgy movements on the ice; incorporate these new steps into your footwork and program for a step above the rest. *(Open to skaters Basic 5 and higher)*

Figures – Learn how to control and highly improve basic edge quality and control by learning "old school figures"; this class will coincide with the moves class to teach the basic techniques of 3-turns, brackets, rockers, counters, and loops; once the figure has been taught, it will be transposed into the appropriate Moves in the Field pattern. *(Open to all skaters/levels)*

Jumps & Spins – Hone the skill to jump and spin; learn the proper entry to new spins and jumps, accurate positions, and transitions into combination jumps and spins. *(Open to skaters Basic 6 and up)*

Moves – Continue working thru and learning new moves in the field patterns required for testing through the United States Figure Skating curriculum. *(Open to all skaters/levels)*

Power Stroking – High intensity power stroking class focuses on the ability to increase speed and overall power while improving cardiovascular strength and skating skills. *(Open to skaters Basic 6 & higher)*

Theatre on Ice (TOI) – Learn about theatrical skating by understanding the many different styles of music and ways to interpret music by telling a story and acting out an emotion or idea. *(Open to all skaters/levels)*

Off-Ice Class Descriptions:

High Ballet – Study the art of ballet directly related to figure skating by creating graceful body lines while building more strength, flexibility, and better body alignment. *(By approval of instructor only)*

Flexibility/Strength/Core/Cardio (F/S/C/C) – Improve flexibility, core balance/strength, endurance, and cardiovascular agility in this combined class; all necessities in figure skating. *(Open to all skaters/levels)*

Low Conditioning/Ballet (Low Cond/Ballet) – A great introduction for the young or low level skater to off-ice conditioning and the graceful art of ballet in this abbreviated class. *(Open to all skaters/levels)*

Off-Ice Jumps (OI Jumps) – Master the ability to jump off-ice while working on technique, balance, rotation speed, and form; watch as it quickly transfers to jumps on ice. *(Open to skaters Basic 6 and up)*

Plyometrics (Plyo) – Improve the muscles ability to react quickly/powerfully in this high impact, power training class using only the skater's body weight in numerous exercises. *(Open to skaters Basic 6 and up)*

WICHITA ICE CENTER SKATING ACADEMY ICE SCHEDULE MAY 1-31, 2012

Your contract must be turned in by **MONDAY, APRIL 30, 2012** to receive the contract rate, otherwise a $3.00 DROP IN RATE PER SESSION will be charged

SKATER'S NAME: _____ **PHONE NUMBER:** _____ **EMAIL ADDRESS**(Required to Receive Updates)**:**_____

PARENT/EMERGENCY CONTACT NAME: _____ **HOME PHONE #:** _____ **CELL PHONE #:**_____

SKATER'S ADDRESS: _____ **CITY:** _____ **ZIP:**_____

HIGHEST FS TEST LEVEL PASSED:_____ **HIGHEST FIELD MOVES TEST LEVEL PASSED:** _____ **COACH(ES) NAME(S):**_____

The skater and parent(s)/guardian(s) assume all risk of personal injury and/or loss which may result from participation in all activities of the Wichita Ice Center. The skater and parent(s)/guardian(s) will not hold the City of Wichita, Wichita Ice Center, Genesis Health Clubs, LTS Instructors, Coaches, Owners, Sponsors, Agents or Employees liable for injury or loss which the skater may sustain while participating in any activity of the facility. I authorize the Wichita Ice Center to use photographs taken of me, or my minor child, during the contract dates of May 1-31, 2012 at the Wichita Ice Center, for use without compensation, in publications related to the role and function of the Wichita Ice Center, such as, but not limited to, brochures, flyers, newsletters, display boards, newspaper articles, or the Wichita Ice Center website without notifying me. All programs are non-refundable after the initiation of the first session. I have read these terms and conditions and I agree to them.

Additional rules & guidelines:

** Dance & Moves are not allowed on any Freestyle sessions (except at Skating Director's discretion).
** Freestyle, Dance, Moves and Private lessons are restricted from Public Sessions (for those skaters above the Basic 8 or Adult 4 level and higher) (except at Skating Director's discretion).
** Adult Freestyle sessions are for skaters 18 years of age or older; no exceptions will be made for younger skaters to skate on these sessions.
** All makeup requests must be submitted via a written document (either on paper or emailed) to the Skating Director within 48 hours following the absence to be evaluated; the Skating Director will then determine if the absence warrants a makeup credit voucher to be issued. All makeup credit vouchers, when issued, will expire within 1 month of the issue date.
** Non-contracted skaters for the current months contract will be charged drop-in rates for each session skated. Contracted skaters for the current months contract will be charged the regular contract rate for each drop-in session skated.
** All skaters must pay the ice monitor or skating director for their sessions before stepping on the ice.
** All skaters must have a Wichita Ice Center Skating Academy Ice Procedures & Rules agreement signed and submitted prior to skating any Skating Academy sessions.
** No contracts will be accepted without the calendar filled out and attached to this contract payment sheet indicating the specific sessions and days you are purchasing.
** Sessions may be cancelled due to low enrollment/contract numbers at the discretion of the Wichita Ice Center at any time.

Signature of Skater (or Parent/Guardian, if child is under 18 years of age)_____ **Date:**_____

SCHEDULE OF FEES

ON ICE SESSION FEES		
½ hour sessions - FS, Gen FS total #:_____ x $4.50 each= $_____	**¾ hour sessions - FS, Gen FS** total #: _____ x $7.00 each =$_____	**1 hour sessions - FS, Gen FS, Adult FS** total #:_____ x $8.00 each=$_____
ON AND OFF ICE CLASS SESSION FEES		
¼ hour classes - Power Stroking total #: _____ x $3.50 each =$_____ ** Includes instructor fee **	**½ hour classes - Jumps/Spins, F/S/C/C, Plyo/OI Jumps, Low Cond/Ballet, TOI/AIM** total #: _____ x $7.00 each =$_____ ** Includes instructor fee **	**¾ hour classes - F/S/C/C** total #: _____ x $9.00 each =$_____ ** Includes instructor fee **
1 hr classes - Basic Skills FS, Ballet & F/S/C/C total #:_____ x $10.00 each = $_____ **Includes Instructor fee**		**OTHER FEES** **Exhibition Sessions** total #:_____ x $10.00 each (1st program) =$_____ total #:_____ x $5.00 each (2nd program) = $_____

Drop-In Rates Per Session Are $3.00 More Than Contract Rate For Both On & Off Ice Sessions
**** Drop-In Rate will be charged for all sessions if contract is turned in after Monday, April 30, 2012 ****

TOTAL AMOUNT DUE FOR MAY 1-31, 2012 ICE CONTRACT = **$**_____
If contracted 15 or more sessions a week, per skater (less 10%)= **– ($**_____**)**
Drop-In Fees ($3.00 per Session On & Off Ice) (#:___sessions x $3.00/session) = **+ $**_____
FINAL AMOUNT DUE FOR MAY 1-31, 2012 ICE CONTRACT = **$**_____

FOR OFFICE USE ONLY

Method of Payment (circle one): Visa / AMEX / MC / Discover Check # _____ Cash
Account #: _____ Exp. Date: ____/____

Amount Paid: $_____ **Date:** _____
Cashier Processed By (Initials): _____