Sheridan Ice LLC Skating Program
2009/2010 Season Registration Information

The Sheridan Ice LLC skating programs are designed for children in grades K-12 and adults. The entire focus is on skating skills and having fun. Each developmental level is comprised of various skating components. The progression has been structured for the gradual skill development of all participants. We offer instruction to participants interested in figure skating, recreational skating, and hockey. The skating programs include:

Adult & K-12 program: When students enroll in skating lessons, they are learning the fundamentals of figure skating and will automatically be enrolled in the Ice Skating Institute (ISI) Program. A strength of the (ISI) instructional program is the logical progression of skill development, whereby skills learned in each level build on skills achieved in the preceding level. Example: Pre-Alpha one-foot glides are needed before Alpha forward stroking and forward crossovers, which rely on one foot gliding, can be learned. Another strength of the ISI instructional program is the established standard of performance of all maneuvers at all levels, rather than a list of maneuvers to be taught/learned. We will be working mostly with the following levels: Pre-Alpha, Alpha, Beta, Gamma, Delta, and Freestyle. There are some classes that are only open to skaters of a certain level. Please contact the instructor at the ice rink.

Registration Dates: November 4th—6th,2009
3:00 pm—6:00 pm at the rink

Session Dates: November 17,2009 — March 2, 2010
****Weather Permitting****

Times: See insert for days and times

Fees: $103.00* for the 11 week season
*no fee for participating in ISI.

Skates: Use of skates for your skating session is included with your fee.

Skating Lessons 2009/2010 Registration Form

Fees: $103.00
Circle a Program: Adult K-12

Skater's Name _____Sex: M F
Address_____
City _____State ____Zip_____
Birth date _____Grade _____Age_____
Work phone #1 _____Work phone #2_____
E-Mail Address_____
Have you had skating lessons? Yes No
Have you ever skated? Yes No
Have you skated at Open Skate? Yes No
Emergency Contact Person _____Phone_____

If skater is a minor please fill out following:
Father's Name_____
Mother's Name_____

The participant is in good health and is capable of participating in the Sheridan Ice LLC Learn to Skate Program. I understand the potential risk of participation in this program, and, to the maximum extent permitted by law, I irrevocably and forever release and discharge Sheridan Ice LLC, its members, employees, and agents (hereafter collectively referred to as "Releasees") from any and all claims or liabilities of any kind, nature and description (including claims for Releasees' alleged negligence) arising out of or related to any personal injury, suffering, death or damage sustained by the participant or the undersigned on account of or in any way resulting from the participants participation in the Learn to Skate program. To the maximum extent permitted by law, the undersigned agrees to indemnify and hold the Releasees harmless from any claims (including claims arising from the Releasees' alleged negligence) made against the Releasees by or on behalf of the participant or the participant's personal representatives or the undersigned as a result of the participant's participation in the Learn to Skate program.

Participant/Parent/Guardian signature*: _____
Date:_____

Participant signature for 18 years old and older-Parent/Guardian signs for participants if under 18 years of age.

For Sheridan Ice LLC staff use only

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60407 K-12 $103.00 / 60411 Adult $103.00

Lesson_____Day_____Time_____