



Learn to Skate Programs

Figure Skating

For all Ages



2016/2017

Season

Corner of Brundage and Sheridan Ave

PO Box 1, Sheridan, WY 82801

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Sheridan Ice Learn to Skate Program 2016/2017 Season Registration Information

The 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 is structured for the skill development of all participants. We offer instruction to participants interested in figure skating, recreational skating and competitive figure skating. The skating programs include:

The Tot program is designed for ages 3 to 5 years old. It is designed to help children develop the preliminary coordination and strength necessary to maneuver on skates without the parent.

K-12 & Adult 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. We will offer classes for 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.

Ice Show

The Ice Show Session is for students of all ages and abilities to showcase their skating skills. Students will be grouped by ability and learn a choreographed group routine to perform in the spring Ice Show. It is a great introduction to skating in front of a crowd and an opportunity for family and friends to cheer on their skater.

Competitive Figure Skating

Competitive Figure Skating is for the students who would like to expand their skating skills. It is necessary that skaters master backward crossovers before moving into the competition level. Along with regional competitions, the skaters also have a solo in the Ice Show. Please talk to Emily about moving from lessons into competitive figure skating.

Registration Dates: October 18, 19, 20 3:00-6:00pm

Session Dates: Session 1: November 8–December 17 (6 week session)

Session 2: January 10–February 18 (6 week session)

Ice Show Session: February 21-March 16 (4 weeks)

Times: Tot Class: Tuesday 4:00-4:30 or Saturday 12:30-1:00
K-12: Tuesday 4:30-5:00 or Saturday 12:30-1:00
Adult: Tuesday 5:00-5:30

Fees: \$75.00 per Session for Tot, K-12 and Adult Lessons
\$50.00 Ice Show

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

Learn to Skate Program 2016/2017 Registration Form

Fees: Session 1 \$75.00 ___ Session 2 \$75.00 ___

Ice Show Session \$50 ___

Select Program: Tot ___ K-12 ___ Adult ___

Select Time: _____

Skater's Name _____ Sex: M ___ F ___

Address _____

City _____ State _____ Zip _____

Birth Date _____ Grade _____ Age _____

Email address _____

Parents _____ Phone _____

_____ Phone _____

Emergency Contact _____ Phone _____

Have you had skating lessons? Yes ___ No ___

Have you ever skated? Yes ___ No ___

Have you skated at Open Skate? Yes ___ No ___

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: _____

*If skater is under 18 years of age, Parent or Guardian must sign.)

Please make checks payable to Sheridan Ice, LLC