

The *Mount Clemens Ice Arena 2019 Summer Figure Skating Training Camp* will provide comprehensive programming in order to develop a well-rounded figure skater. Our program includes traditional figure skating classes, as well as off-ice conditioning, dance, and informational classes.

## Policies and Rules

- Skaters must wear good “workout” sneakers for off ice class. They must be in good enough shape to support the foot and must have laces...no slip on sneakers. Flat soled shoes are not allowed.
- Skaters staying for the duration will be given a 30-minute lunch break. Skaters should bring their own **HEALTHY** lunch. Lunches should consist of healthy carbs and proteins, fruits and vegetables. No sodas or candy allowed.
- Skaters should bring a water bottle with them every day.
- All skaters in off ice classes should have a yoga mat. So please be sure you bring it with you **EVERYDAY**.
- Please dress appropriately for all classes. There will be days that we take work out class outside, so be sure if you get hot easily then you should pack shorts.
- Skaters with breaks in their schedule should bring some sort of activity with them to keep busy while they are off the ice. All belongings will be kept in a locker room at all times.
- Skaters are not allowed to leave the ice during ice time, unless they get permission from a coach on the ice.
- Skaters are not allowed to bring cell phones on the ice or to class with them.
- Skaters not following instructions will be asked to leave the ice and will **NOT** be given refunds.



# SUMMER FIGURE SKATING

## *Training Camp*

*June 17 - August 23, 2019*



- **Freestyle**
- **Moves in the Field**
- **Power Skating**
- **Plyometrics**
- **Off Ice Conditioning**
- **Yoga**
- **AND FUN!**

## **Registration Brochure**

586-307-8202

200 N. Groesbeck Hwy.

Mount Clemens, MI 48043

[www.mountclemensicearena.com](http://www.mountclemensicearena.com)

# SUMMER 2019

## Classes & Sessions

### General Freestyles

Skaters of all levels practicing freestyle and programs. May also be used for Dance and Moves in the Field lessons.

### Moves in the Field/Dance

Skaters of all levels who are working on their Moves in the Field or Dance Tests. No jumps or spins will be allowed on these sessions.

### On Ice Rotating

Conducted by Mount Clemens Ice Arena staff instructors. Classes will consist of power class, edge class, choreography class and spiral class.

### Off-Ice Rotating

Classes designed to prepare your mind & body. Classes will consist of off-ice jumping, pilates, plyometrics, yoga, strength training, stretching and more!



## Are you ready for Private Lessons?

- Open freestyle does not include any instruction. These sessions are used primarily for practice or private lessons. Private lessons is the route a skater needs to take once you've decided that:
- -You want to improve faster or you want to learn more difficult elements
- -You have passed all the group lesson levels
- -You want to go into competitive figure skating
- -You feel you need one-on-one attention
- Private lessons are available for skaters of all skill levels beginner through elite and all ages tots-adults! You DO NOT have to pass any group classes to join private lessons. Prices vary based on the level and experience of the coach.

For further information, contact Mindi Priskey

[mindi@mountclemensicearena.com](mailto:mindi@mountclemensicearena.com)

## Package & Regular Fees

### Packages:

Unlimited - All sessions and classes included for \$1000

Gold Package - Monday through Friday

- 2 General Freestyle sessions
- 1 Moves in the Field session
- 1 On ice class
- 1 Off ice class
- \$165 per week
- (10% discount when contracting 8 or more weeks - \$148.50 per week)

Silver Package - Monday through Friday

- 1 General Freestyle session
- 1 Moves in the Field session
- 1 On ice class
- 1 Off ice class
- \$135 per week
- (10% discount when contracting 8 or more weeks - \$121.50 per week)

Bronze Package - 3 days per week; choose any 3 days (must be same each week)

- 1 General Freestyle session
- 1 Moves in the Field session
- 1 On ice class
- 1 Off ice class
- \$80 per week
- (10% discount when contracting 8 or more weeks - \$72 per week)

### Regular Rates:

Sessions	Daily Pre-Pd.	Drop-In
Freestyle	\$8	\$9
Moves/Dance	\$6	\$7
On Ice Class	\$8	\$9 (includes instructor)
Off Ice Class	\$7	\$8 (includes instructor)

**The more you skate, the more you save!**

MONDAY	SESSION	Week 1 6/17-6/21	Week 2 6/24-6/28	Week 3 7/1-7/5	Week 4 7/8-7/12	Week 5 7/15-7/19
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On ice Class					
12:15-1:15 pm	Off ice Class					
1:30-2:00 pm	Moves in the Field					
2:00-2:50 pm	General Freestyle					

MONDAY	SESSION	Week 6 7/22-7/26	Week 7 7/29-8/2	Week 8 8/5-8/9	Week 9 8/12-8/16	Week 10 8/19-8/23
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On ice Class					
12:15-1:15 pm	Off ice Class					
1:30-2:00 pm	Moves in the Field					
2:00-2:50 pm	General Freestyle					

TUESDAY	SESSION					
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On ice Class					
12:15-1:15 pm	Off ice Class					
1:30-2:00 pm	Moves in the Field					
2:00-2:50 pm	General Freestyle					

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8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On ice Class					
12:15-1:15 pm	Off ice Class					
1:30-2:00 pm	Moves in the Field					
2:00-2:50 pm	General Freestyle					

WEDNESDAY	SESSION					
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On ice Class					
12:15-1:15 pm	Off ice Class					
1:30-2:00 pm	Moves in the Field					
2:00-2:50 pm	General Freestyle					
4:10-5:00 pm	General Freestyle					
5:00-5:50 pm	General Freestyle					

WEDNESDAY	SESSION					
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
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11:20-11:50 am	On ice Class					
12:15-1:15 pm	Off ice Class					
1:30-2:00 pm	Moves in the Field					
2:00-2:50 pm	General Freestyle					
4:10-5:00 pm	General Freestyle					
5:00-5:50 pm	General Freestyle					

THURSDAY	SESSION					
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On ice Class					
12:15-1:15 pm	Off ice Class					
1:30-2:00 pm	Moves in the Field					
2:00-2:50 pm	General Freestyle					
4:10-5:00 pm	General Freestyle					
5:00-5:50 pm	General Freestyle					

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1:30-2:00 pm	Moves in the Field					
2:00-2:50 pm	General Freestyle					
4:10-5:00 pm	General Freestyle					
5:00-5:50 pm	General Freestyle					

FRIDAY	SESSION					
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On ice Class					
12:15-1:15 pm	Off ice Class					

FRIDAY	SESSION					
7:20-8:10 am	General Freestyle					
8:10-9:00 am	General Freestyle					
9:00-9:50 am	General Freestyle					
10:00-10:30 am	Moves in the Field					
10:30-11:20 am	General Freestyle					
11:20-11:50 am	On ice Class					
12:15-1:15 pm	Off ice Class					

## Waiver Form

In consideration of being allowed to participate in any way in Mount Clemens Ice Arena (MCIA) programs, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of injury does exist; and 2) KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and 3) I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest instructor immediately; and 4) I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS MCIA, CITY OF MOUNT CLEMENS, its elected officials, officers, employees, AND RT ARENA MANAGEMENT, LLC., their officers, instructors, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

\_\_\_\_\_  
Participant's signature and date signed

FOR PARTICIPANTS OF MINORITY AGE  
(Under Age 18 at time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and for myself, my heirs, assigns and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above. EVEN IF ARISING FROM THEIR NEGLIGENCE.

\_\_\_\_\_  
Parent/Guardian's signature and date signed



Make check  
payable & mail to

**Mount Clemens Ice Arena**  
200 N. Groesbeck Hwy.  
Mount Clemens, MI 48043  
586-307-8202  
586-307-8245 Fax

# Registration Form

*FILL OUT COMPLETELY:*

Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

Skating Experience:

Highest Level Passed: \_\_\_\_\_

Instructor's Name: \_\_\_\_\_

Check One:

- Unlimited \$1000**
- Gold Package - \$165/week (\$148.50/week - 8-week discount)**
- Silver Package - \$135/week (\$121.50/week - 8-week discount)**
- Bronze Package - \$80/week (\$72/week - 8-week discount)**
- Ala Carte**

_____ Number of weeks for your package =	\$ _____
<u>ALA CARTE MENU</u>	
_____ Number of Freestyle sessions x \$8.00 =	\$ _____
_____ Number of on MIF sessions x \$6.00 =	\$ _____
_____ Number of on ice sessions x \$8.00 =	\$ _____
_____ Number of off ice sessions x \$7.00 =	\$ _____
TOTAL =	\$ _____
Deposit (1/4 due with Registration) =	\$ _____
2nd Payment (1/4 due by Fri., June 14) =	\$ _____
3rd Payment (1/4 due by Fri., July 12) =	\$ _____
Balance (due by Fri., August 9) =	\$ _____