



SKATER DEVELOPMENT PROGRAM 2017

June 26 – August 26

18005 Aurora Avenue North • Shoreline, WA 98133 • 206-546-2431

www.highlandice.com

SKATER'S NAME _____

INFORMATION

- 25% deposit must be paid by May 21, 2017 to qualify for early payment discount.
- 10% early payment discount given (a la carte & Bridge Program only) if paid in full by June 11, 2017.
- For skater to be able to participate in program, payment in full must be received by June 18, 2017.
- Processing fee of \$25.00 for all refunds; however, there will be **no refunds after June 11, 2017**.
- There will be no credits for missed sessions. Cancellations must have approval of Terry Green or Diana Stephens.
- **All skaters must have a credit / debit card on file. Any sessions attended during the week that were not pre-paid will be charged to the card on the following Monday.** Initial _____
- Sessions with less than eight (8) skaters / students may be cancelled and skaters / students may be moved to another session.
- All skaters **must sign-in / check-in** for all sessions **before** going onto the ice / attending class. Those who do not sign-in / check-in may be removed from the ice / class for the remainder of the session without refund or credit.
- Skaters are responsible to skate in a safe, courteous and attentive manner displaying good sportsmanship at all times. Skaters not using their time wisely may be moved to a less competitive session.
- *Skaters not adhering to the posted responsibility codes may be asked to leave the ice for the remainder of the session without refund or credit.*
- Private lesson fees for Freestyle sessions **are not included**. Students are responsible for scheduling lessons with the Highland instructor of their choice.

CLASSES WITH INSTRUCTION

DARTFISH:	Skating technique review. Instructor: Darin Hosier
DYNAMIC OFF-ICE WARM UP:	Prepare for your skating day. Instructor: Darin Hosier
SPINS & SPIRALS:	Improve form, increase speed of rotations, spirals. Instructor: Corrie Martin, Becci Safai
STROKING:	Power stroking and edges. Instructor: Highland Staff Instructors
SKILLS:	General skating skills for the mid-level skater. Instructors: Kalina Chung, Julie Draney, Heather VanHulle. Jumps, edges and turns, music interpretation and artistry.
BALLET:	Discipline, poise and balance. Instructor: Marco Carrabba. Monday
STRETCH:	Proper stretching and cool down after skating. Instructor: Corrie Martin. Tuesday, Thursday
STRENGTH TRAINING:	Gain core strength, stability and stamina. Instructor: Blue Stiley. Wednesday, Friday

OFFICE USE ONLY

	AMOUNT	RECEIVED BY	DATE	RECEIPT #		AMOUNT	RECEIVED BY	DATE	RECEIPT #
TOTAL DUE \$					PAYMENT				
PAYMENT					BALANCE				
BALANCE					PAYMENT				
PAYMENT					BALANCE				
BALANCE					PAYMENT				

MANAGEMENT RESERVES THE RIGHT TO RESCHEDULE SESSIONS

Name of Skater	Date	
Address	City	State/Zip
Home Telephone	Cell Phone 1	
Cell Phone 2	Birth Date	
Coach(es)	Email	

MEDICAL RELEASE

In the event that I am unable to consent to medical care for myself and/or my minor child, I hereby authorize Highland Sports Center Inc. to obtain any necessary medical assistance.

Signature of Parent/Guardian or Participant if 18 years of age

Please list any allergies, drug allergies or medical conditions we should be aware of.

Highland Sports Center, Inc. Participant Release - Read Before Signing -

In consideration of being allowed to participate in any way in the **Highland Ice Arena** program, related events and activities of **Skater Development Program 2017**, I, the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in the 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 serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown of my participation in **Skater Development Program 2017**, EVEN 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 in **Skater Development Program 2017**. 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 official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE **Highland Sports Center, Inc.**, their officers, officials, 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, to the fullest extent permitted by law.
5. Arbitration: In further consideration of allowing me to participate in the aforementioned activities I hereby agree to submit to binding arbitration any and all claims which I believe I may have against the facility arising from my activities at the facility. The arbitration shall be pursuant to the rules of the American Arbitration Association. The arbitrators shall apply the Federal Rules of Evidence to all proceedings.

Arbitration shall be commenced within one (1) year from the date on which any alleged claim first arose. Further, the arbitration shall be held in the town where the Arena is located, unless otherwise mutually agreed to by all the parties. The submission to the American Arbitration Association shall be unlimited and the arbitration may be enforced by any court of competent jurisdiction.

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 FREELY AND VOLUNTARILY WITHOUT INDUCEMENT.

Participant's Signature (age 18 and up)

Date

Emergency Telephone(s) and Contacts

Birthdate of Participant

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE

(Participant 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 for all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Parent/Guardian Signature

Date



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SKATER'S NAME _____

FREESTYLE SESSION AND CLASS SCHEDULE				Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Time	Session	Loc	Days Available	Jn 26-Jul 1	Jul 3-8	Jul 10-15	Jul 17-22	Jul 24-29	Ju31-Aug 5	Aug 7-12	Aug 14-19	Aug 21-26
6:00a - 6:45a	Freestyle-O	1	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
6:45a - 7:30a	Freestyle-O	1	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
7:30a - 7:50a	Dartfish	L	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
7:50a - 8:20a	Warm-up-H, M	L	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
7:30a - 8:15a	Freestyle-O	1	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
8:30a - 9:15a	Freestyle-O	1	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
9:15a - 10:00a	Freestyle-O	1	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
10:00a - 10:25a	Skills Class	2	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
10:15a - 11:00a	Freestyle-H	1	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
11:00a - 11:45a	Freestyle-M	1	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
11:30a - 11:55a	Spin Class-H	2	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
12:00p - 12:25p	Spin Class-M	2	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
12:00p - 12:30p	Stroking-H	1	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
12:30p - 12:45p	Stroking-M	1	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
12:50p - 1:50p	Off Ice Class	S	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/>									
7:45a - 8:45a	Freestyle-O	1		Sa <input type="checkbox"/>								
12:15p - 1:15p	Freestyle-O	1		Sa <input type="checkbox"/>								

H = HIGH TEST: MUST HAVE 1 CONSISTENT DOUBLE JUMP | M = MID TEST: LEARN TO SKATE PRE-FS - NON TEST | O = OPEN TO ALL LEVELS

BRIDGE PROGRAM - Price is for full week registrations only. (LEARN TO SKATE PRE-FS - NON TEST SKATERS ONLY).

Time	Session	Loc	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
BRIDGE											
9:15a - 5:00p	Public	2/1									
10:00a - 10:25a	Skills Class	2									
12:00p - 12:25p	Spins Class-M	2									
12:30p - 12:45p	Stroking Class-M	1									
Per Week	\$90.00										# of weeks = \$

If you wish to add **Freestyle(s)** or **Off Ice classes**, please see Pricing page. The 11:00am FS is recommended for Bridge Program skaters (2nd choice - 9:15am, 3rd choice - 8:30am).

NOTE: We recommend skaters have at least one private lesson each week on a Freestyle session. This enables the instructor to teach the skater proper skating etiquette and safety, and how to use your time wisely. If you do not have a private instructor please contact Mrs. Green, who will assist you in finding an instructor.

LEGEND		
High = 1 consistent double	Mid = LTS Pre-FS - Non Test	FS = Freestyle
DF = Dartfish	WU = Warm-up	ST-H = Stroking-High
OI = Off Ice Class	SK = Skills Class	ST-M = Stroking-Mid
		SP-H = Spin/Skills Class-High
		SP-M = Spin/Skills Class-Mid



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DROP-IN PRICING				
FS \$14.00	DF \$ 8.00	WU \$ 8.50	ST-H \$ 8.00	ST-M \$ 4.00
SK \$ 8.00	SP-H \$ 8.00	SP-M \$ 8.00	OI \$16.50	

A LA CARTE PRICING				
FULL WEEK, MONDAY-FRIDAY (20% DISCOUNT)				
FS	#	1	per day	_____ weeks X \$56.00 = \$ _____
FS	#	2	per day	_____ weeks X \$112.00 = \$ _____
FS	#	3	per day	_____ weeks X \$168.00 = \$ _____
DF	#	1	per day	_____ weeks X \$32.00 = \$ _____
WU	#	1	per day	_____ weeks X \$32.00 = \$ _____
ST-H	#	1	per day	_____ weeks X \$32.00 = \$ _____
ST-M	#	1	per day	_____ weeks X \$16.00 = \$ _____
SK	#	1	per day	_____ weeks X \$32.00 = \$ _____
SP-H	#	1	per day	_____ weeks X \$32.00 = \$ _____
SP-M	#	1	per day	_____ weeks X \$32.00 = \$ _____
OI	#	1	per day	_____ weeks X \$66.00 = \$ _____
SUB TOTAL \$				_____
Paid in full by June 11, 2017 = 10% discount \$				_____
FULL WEEK TOTAL \$				_____
PART WEEK, 1-4 DAYS/SESSIONS PER WEEK (15% DISCOUNT)				
FS	#	_____	sessions X _____ weeks X	\$11.90 = \$ _____
DF	#	_____	sessions X _____ weeks X	\$6.80 = \$ _____
WU	#	_____	sessions X _____ weeks X	\$6.80 = \$ _____
ST-H	#	_____	sessions X _____ weeks X	\$6.80 = \$ _____
ST-M	#	_____	sessions X _____ weeks X	\$3.40 = \$ _____
SK	#	_____	sessions X _____ weeks X	\$6.80 = \$ _____
SP-H	#	_____	sessions X _____ weeks X	\$6.80 = \$ _____
SP-M	#	_____	sessions X _____ weeks X	\$6.80 = \$ _____
OI	#	_____	sessions X _____ weeks X	\$14.00 = \$ _____
SUB TOTAL \$				_____
Paid in full by June 11, 2017 = 10% discount \$				_____
PART WEEK TOTAL \$				_____

MONTHLY FLAT RATE - Freestyle & Public Sessions Only (July / August 2017)	
Valid for one skater from the 1st of the month through the last day of the month (no pro-rating). All skaters must check-in/sign-in before skating for all Freestyle and Public sessions. Passes are non-refundable and non-transferable.	
All Skaters ages 3-5	\$175.00
Adult (21+)	\$195.00
Non-Test / 6+ yrs -- Pre-Juvenile	\$275.00
Juvenile -- Senior	\$330.00
*Skaters using flat-rate passes must fill out the A La Carte form with the Freestyle sessions they will be skating. The Skaters name will be listed on the Daily Sheets for the selected sessions. Skaters may sign in for other sessions as space is available.	

PRE-PAID PUBLIC ADMISSION CARDS		
ADULT / TEEN	CHILD / SENIOR	
\$ 67.50	\$ 58.50	For 10 Sessions (10% discount)
\$132.00	\$114.40	For 20 Sessions (12% discount)

BRIDGE PROGRAM PRICING	
SUB TOTAL \$	_____
Paid in full by June 11, 2017 = 10% discount \$	_____
PACKAGE TOTAL \$	_____

Pass: Ages 3-5	Jul / Aug	\$175.00 = \$ _____
Pass: Adult	Jul / Aug	\$195.00 = \$ _____
Pass: NT6+ -- PJ	Jul / Aug	\$275.00 = \$ _____
Pass: Juv -- Sr	Jul / Aug	\$330.00 = \$ _____
TOTAL		\$ _____