

Mail to: North Star Figure Skating Club
15 Bridle Lane
Westborough, MA 01581
(508) 366-1562 x 221

NORTH STAR FIGURE SKATING CLUB

APRIL VACATION SKATING CLINIC 2017

NON_HOME AND GUEST CLUB MEMBERS WELCOME!!!

For Basic 5 thru Preliminary Freestyle (ages 7 & up)

(skaters must be able to tie their own skates)

Tuesday April 18 - Wednesday April 19 - Thursday April 20

Clinic will consist of Open/Freestyle sessions and on and off-ice classes.

Skaters must take at least one private lesson a day.

Lessons must be scheduled directly with the coach and are not included in the price of the Clinic.

One chaperone will be designated to the group to make sure they are following their schedule, getting skates on properly and looking out for the safety of all the skaters.

Checklist:

Skates!

Proper skating clothes

off-ice clothing and sneakers

extra gloves

water

lunch and snacks

**\$225 (Full Day) \$265 (Extended Day) IF PAID ON OR BEFORE APRIL 7, 2017 FOR
Tuesday, Wednesday, Thursday**

Cost after April 7 is \$250/\$290.

Daily Rates: \$85.00 (Full Day) \$100 (Extended Day)

PER DAY IF PAID ON OR BEFORE APRIL 7, 2017.

Cost after April 7 is \$95/110 per day.

North Star FSC April Vacation 2017

Clinic Schedule

Clinic officially starts at 9:00 and ends at 4:00 pm (Full Day).

If parents need to drop off earlier or pick up later, skaters need to choose Extended Day

Clinic Tue, Wed, Thu

7:30-8:00 Extended Day Drop Off

8:30-8:50 Full Day Drop Off

8:00 – 8:50* (Extended Day Only) Open Private Lesson Time or Practice

9:00 – 9:50 Clinic Classes (Beyond the Basics) (25-minute class 25-minute practice or private lesson)

10:10 – 11:00 Off Ice Class off Ice Jumps/strength training/dance

11:15 – 11:30 Moves (Private Lesson Time or Practice)

11:30 – 11:45 (Freestyle) Private Lesson Time or Practice

11:45 – 12:10 Skater's Ed (Class designed to integrate skaters to advanced sessions)

12:20 – 12:50 (15 minutes Cardio Blast 15 minutes Spins on own or in lesson) (Rink A)

1:00 – 1:40 Lunch

1:50 – 2:15 Off Ice Stretch

2:15 – 2:40 Off Ice Interpretive/Yoga/Dance

2:50 – 3:40 Open Private Lesson Time or Practice

4:00 Full Day Pick Up

3:50 – 4:40* (Extended Day Only) Practice or Private Lesson time

5:00 Extended Day Pick Up

Extended Day Clinic 8:00 – 5:00 pm

Full Day Clinic 9:00 – 4:00 pm

North Star Figure Skating Club

April Vacation 2017 Skating Clinic Application

Tuesday April 18 – Wednesday April 19 - Thursday April 20

Name: _____ D.O.B: _____ Age: _____

Address: _____ Town: _____ State: _____

E-mail: _____

Home Phone: _____ Cell: _____

Emergency Contact: _____ Phone: _____

Skater's Level: _____ Coach: _____ Circle: BS skater US skater

Home Club: _____ USFS# _____

Signature: (Parent if skater under 18) _____ Date: _____

_____ Full Day (3 day clinic) \$225 (before 4/7) _____ \$250 (after 4/7)

_____ Extended Day (3 day clinic) \$265 (before 4/7) _____ \$290 (after 4/7)

Circle day(s) TUESDAY WEDNESDAY THURSDAY

_____ Full Day Daily Rate \$85 (before 4/7) _____ \$95 (after 4/7)

_____ Extended Day Daily Rate \$100 (before 4/7) _____ \$110 (after 4/7)

Total Amount Paid: _____ **Cash/Check#:** _____ **Visa/Mastercard**

Full payment due with this form Date Received (for office use only) _____

(Must sign Assumption and Acknowledgment of Risks & Release of Liability Agreement on back)

NorthStar Ice Sports

WAIVER OF LIABILITY, RELEASE, ASSUMPTION OF RISK & INDEMNITY AGREEMENT

The purpose of this WAIVER OF LIABILITY, RELEASE, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT (the "Agreement"), is to waive, release and indemnify Northboro Youth Hockey Program, Inc., Northstar Hockey, NorthStar Ice Sports, North Star Figure Skating Club, coaches, officials, volunteers, sponsors, advertisers, owners and operators of the premises and their officers, directors, agents, and employees (the "Releasees"), from any and all liability for the Participant's personal injury, property damage, and/or wrongful death, including if caused by the negligence of any of the Releasees.

In consideration for being permitted to participate in ice skating, ice hockey and/or related activities, being permitted to enter the NorthStar Ice Sports skating facility and common areas (the "Premises"), and/or being permitted to use ice skating or other equipment owned by the Releasees (the "Equipment"), Participant (and/or Participant's parent/guardian), on behalf of themselves and the Participant's heirs, executors, administrators, assigns, representatives, and next of kin, **HEREBY FULLY AND IRREVOCABLY RELEASE, INDEMNIFY, HOLD HARMLESS, AND FOREVER DISCHARGE THE RELEASEES** of and from any and all actions, causes of action, suits, damages, judgments, claims, and demands whatsoever, either in law or equity, arising from any accident, injury, death, or property damage, resulting from, or in any way connected with the Participant's entry on the Premises, use of the Releasees' facilities, Equipment, services, and/or participation in any of the activities offered by the Releasees whether on the Premises or not.

Participant (and/or Participant's parent/guardian), acknowledges, understands, and assumes all risks inherent in ice skating, ice hockey and/or related activities, and understands that said sports and activities involve risks to the Participant including bodily injury and death and that the Participant (and/or Participant's parent/guardian), has full knowledge of such risks. These risks and dangers may be caused by the negligence of the Participant or the negligence of others, including the Releasees. The Participant (and/or Participant's parent/guardian), further acknowledges that there may be risks and dangers not known or not reasonably foreseeable at this time.

Participant (and/or Participant's parent/guardian), acknowledges, understands, and assumes all risks arising from the conditions and use of the Premises and/or use of Equipment, including risks based on the performance, or failure to perform maintenance, inspection, supervision, or control of the Premises and/or Equipment and for the failure to warn of dangerous conditions existing on the Premises, and for the negligent selection, supervision or instruction of certain Releasees.

Participant (and/or Participant's parent/guardian), agrees if any claim for Participant's personal injury, property damage, and/or wrongful death is commenced against Releasees, he/she shall defend, indemnify, and save harmless Releasees from any and all actions, causes of action, suits, damages, judgments, claims, and demands.

Participant (and/or Participant's parent/guardian), warrants that neither the Participant nor his/her child(ren) have any known medical conditions or disabilities which may be incompatible with the safe participation in ice skating, ice hockey and/or related activities. Participant (and/or Participant's parent/guardian), further agrees that all Participants under the age of 18 shall remain the responsibility of a parent or legal guardian while on the Premises.

Participant (and/or Participant's parent/guardian), acknowledges that he/she has been provided with and has read the above paragraphs and has not relied upon any representations of the Releasees, and that he/she is fully advised of the dangers of ice skating, ice hockey and/or related activities and signs this Agreement freely and voluntarily. Participant (and/or Participant's parent/guardian), agrees that this Agreement shall be governed by the laws of the Commonwealth of Massachusetts.

Participant's Name (Print)

Age

Participant's Signature

Date Signed

Parent or Guardian Signature (if Participant is under 18)

Date Signed