

# North Star Figure Skating Club

15 Bridle Lane Westborough, MA 01581

(508)366-1562 ext. 221

## Summer Skate '17

July 10, 2017 - August 26, 2017

NorthStar Ice Sports

**WESTBOROUGH**

Mondays - Tuesdays - Wednesdays - Thursdays - Fridays

## Summer Ice Contract

*Rink C Office Hours*

*Mondays 8:00 am - 5:15 pm*

*Tuesday thru Thursday 8:00 am - 6:15 pm*

*Fridays and Saturdays 8:00 am - 12:15 pm*

**North Star FSC will be closed June 25 - July 4  
No Ice July 28 and July 29**

Mail this form May 15 - June 15

**Each Session \$1 more if after June 15**

# NSFSC SUMMER SKATE 2017

| CODE | REQUIREMENT(S)  |
|------|---|
| A    | Passed JUVENILE FS or Passed PRELIMINARY FS & Compete minimum Preliminary Well balanced   |
| B    | Passed PRELIMINARY FS or Compete No Test/Pre-Preliminary Well Balanced.<br>May not have passed JUVENILE FS  |
| C    | BS= Basic 2 – Freestyle 6    US= Pre- Preliminary Freestyle<br>May not have passed PRELIMINARY FS   |
| D    | <ul style="list-style-type: none"> <li>a) Skaters passed Bronze Dance Test may ice dance on all A, B, D OPEN &amp; ^^ Moves sessions</li> <li>b) Skaters who have not completed Bronze Dance Test may skate on all C, D &amp; ^ Moves sessions</li> <li>c) Ice dancers must skate on D session if available</li> <li>d) Dance teams may skate on all D sessions. One (1) dance team per any A or B OPEN. Dance teams skating on FREESTYLE must be in lesson (1 max).</li> <li>e) Dance teams may not skate on any Moves session.</li> </ul> |
| E    | Advanced Training Program Skater (ATP) – LEVEL 3, 4 or 5 only   |
|      | <b>Bolded/Large Level</b> is Primary Level(s) session intended for.<br>Other levels listed allowed to skate provided conforms to the primary level  |
|      |   |
| #    | 1-2 HOCKEY Skills Skaters allowed (lesson only) during most sessions. However, sessions coded (#) may have more than 1-2 HOCKEY Skills Skaters (lesson only) on ice.  |
| ***  | PRE-SHINING/SHINING STAR Groups on these sessions   |
| +    | Must contract minimum 4 sessions per week   |
| ^    | MOVES: PRE-PRELIMINARY – JUVENILE   |
| ^^   | MOVES: JUVENILE - SENIOR  |
| ^^^  | MOVES: ALL LEVELS   |

## New this summer!

**Cardio Blast:** Improve your speed and stamina in this intense high energy class designed to help skaters prepare for program success.

**Packages:** Skaters must contract or walk on the entire package that is offered. No exceptions.

**Invitational Regional Off Ice Classes Tuesday, Wednesday, Thursday 9:00 am:** (Designated by I on the schedule).

Designed for regional competitors (must have previously competed at regionals or skaters by invite only). This class is for athletes who take their off-ice training *seriously*. Skaters may be asked to leave this class and take the A B off ice if they are not putting in the required effort or focus this class requires. Skaters who do not qualify for this class may be moved up from the A B off ice class if they have the *motivation* and *discipline* required for this class.

**Skater volunteer program-** Skater's who are Juvenile and above are asked to donate a small portion of their time this summer by assisting with the teaching of basic skills classes and helping to structure their practice time. The basic skills skaters get the benefit of the higher level skater's expertise and demonstrations while the higher level skater gets the benefit of their experience by teaching the skaters to move with the flow of the session and learn better practice skills which then leads to less frustration when the lower level skaters graduate to the higher level sessions at North Star. New programs need your help (Beyond the Basics, Skater's Ed, and Practice Sessions).

Please volunteer 😊

# NORTH STAR FIGURE SKATING CLUB JULY 10, 2017 - AUGUST 26, 2017

Skater's Name: \_\_\_\_\_ Level: **A B C S**

Each Session \$1 more after June 15 to contract. Walk on price \$3 more than listed price.

All sessions rink A unless otherwise noted.

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday                                   |
|---|---|---|---|--|
| 8:00-8:50 Open<br>A B C S<br>\$14.00  | 8:00-8:50 Open<br>A B C<br>\$14.00  | 8:00-8:50 Open<br>A B C<br>\$14.00  | 8:00-8:50 Open<br>A B C<br>\$14.00  | 8:00 – 8:50 Open<br>A B C S #<br>\$14.00 |
| 10:00 – 11:00 Home Club<br>FS A B<br>\$16.00  | <b>9:00-11:00 Package</b><br>A B I<br>9:00-9:50 Off Ice<br>10:00 – 11:00 Home Club<br>FS<br><b>\$29.00</b>                        | <b>9:00-11:00 Package</b><br>A B I<br>9:00-9:50 Off Ice<br>10:00 – 11:00 Home Club<br>FS<br><b>\$29.00</b>                        | <b>9:00-11:00 Package</b><br>A B I<br>9:00-9:50 Off Ice<br>10:00 – 11:00 Home Club<br>FS<br><b>\$29.00</b>                        | 9:00 – 9:50 Open<br>A B C S #<br>\$14.00 |
| 11:10 – 11:30 Moves<br>^^^<br>\$6.00  | 11:10 – 11:30 Moves<br>^^^<br>\$6.00  | 11:10 – 11:30 Moves<br>^^^<br>\$6.00  | 11:10 – 11:30 Moves<br>^^^<br>\$6.00  | 10:00 – 10:50 Open<br>A B C #<br>\$14.00 |
| <b>Rink C * Package</b><br>With clinic skaters<br>11:15 – 11:30 Lo Moves<br>11:30 – 12:10 Open<br>C # S<br><b>\$15.00</b> | <b>Rink C * Package</b><br>With clinic skaters<br>11:15 – 11:30 Lo Moves<br>11:30 – 12:10 Open<br>C # S<br><b>\$15.00</b>         | <b>Rink C * Package</b><br>With clinic skaters<br>11:15 – 11:30 Lo Moves<br>11:30 – 12:10 Open<br>C # S<br><b>\$15.00</b>         | <b>Rink C * Package</b><br>With clinic skaters<br>11:15 – 11:30 Lo Moves<br>11:30 – 12:10 Open<br>C # S<br><b>\$15.00</b>         | 11:00 – 11:50 Open<br>A B C #<br>\$14.00 |
| 11:30-12:20 FS<br>A B<br>\$14.00  | <b>11:30 – 12:50 Package</b><br>A B<br>11:30 – 12:20 FS<br>Spins on own 12:20-12:35<br>Cardio Blast 12:35-12:50<br><b>\$23.00</b> | <b>11:30 – 12:50 Package</b><br>A B<br>11:30 – 12:20 FS<br>Spins on own 12:20-12:35<br>Cardio Blast 12:35-12:50<br><b>\$23.00</b> | <b>11:30 – 12:50 Package</b><br>A B<br>11:30 – 12:20 FS<br>Spins on own 12:20-12:35<br>Cardio Blast 12:35-12:50<br><b>\$23.00</b> | 12:00 – 12:50<br>Exhibition<br>\$10.00   |
| 12:20-12:50<br>A B C<br>Spins on own 12:20-12:35<br>Cardio Blast 12:35-12:50<br>\$9.00                                    | 12:20-12:50<br>A B C<br>Spins on own 12:20-12:35<br>Cardio Blast 12:35-12:50<br>\$9.00  | 12:20-12:50<br>A B C<br>Spins on own 12:20-12:35<br>Cardio Blast 12:35-12:50<br>\$9.00  | 12:20-12:50<br>A B C<br>Spins on own 12:20-12:35<br>Cardio Blast 12:35-12:50<br>\$9.00  |  |
| 1:00 – 1:50 Open<br>A B<br>\$14.00  | 1:00 – 1:50 Open<br>A B<br>\$14.00  | 1:00 – 1:50 Open<br>A B<br>\$14.00  | 1:00 – 1:50 Open<br>A B<br>\$14.00  |  |
| 2:00 – 2:50 FS<br>A B<br>\$14.00  | <b>2:00 – 3:50 Package</b><br>A B<br>2:00-2:50 FS<br>3:00-3:50 Off Ice<br><b>\$27.00</b>  | <b>2:00 – 3:50 Package</b><br>A B<br>2:00-2:50 FS<br>3:00-3:50 Off Ice<br><b>\$27.00</b>  | <b>2:00 – 3:50 Package</b><br>A B<br>2:00-2:50 FS<br>3:00-3:50 Off Ice<br><b>\$27.00</b>  |  |
| 2:50 - 3:40 Open with Clinic<br>Skaters<br>B C<br>\$14.00   | 2:50 - 3:40 Open with Clinic<br>Skaters<br>B C<br>\$14.00   | 2:50 - 3:40 Open with Clinic<br>Skaters<br>B C<br>\$14.00   | 2:50 - 3:40 Open with Clinic<br>Skaters<br>B C<br>\$14.00   |  |
| 3:50 – 4:40 Open<br>A B C S #<br>\$14.00  | 3:50 – 4:40 Open<br>A B C S #<br>\$14.00  | 3:50 – 4:40 Open Rink C<br>A B C S #<br>\$14.00   | 3:50 – 4:40 Open<br>A B C S #<br>\$14.00  |  |
|   | 4:40 – 5:00 Moves<br>^^^<br>\$6.00  | 4:40 – 5:00 Moves Rink C<br>^^^<br>\$6.00   | 4:40 – 5:00 Moves<br>^^^<br>\$6.00  |  |
|   | 5:10-6:00 Open*<br>A B C S<br>\$14.00   | 5:10 – 6:00 Open Rink C<br>A B C S #<br>\$14.00   | 5:10-6:00 Open*<br>A B C S<br>\$14.00   |  |

\*Group classes may be on these sessions

| Monday                                  | Tuesday                                 | Wednesday                               | Thursday                                |
|---|---|---|---|
| 9:00 – 9:50<br>A B I Off Ice<br>\$13.00 | 9:00 – 9:50<br>A B I Off Ice<br>\$13.00 | 9:00 – 9:50<br>A B I Off Ice<br>\$13.00 | 9:00 – 9:50<br>A B I Off Ice<br>\$13.00 |
| 10:10 – 11:00<br>C Off Ice<br>\$13.00   | 10:10 – 11:00<br>C Off Ice<br>\$13.00   | 10:10 – 11:00<br>C Off Ice<br>\$13.00   | 10:10 – 11:00<br>C Off Ice<br>\$13.00   |
| 1:50 – 2:40<br>C Off Ice<br>\$13.00     | 1:50 – 2:40<br>C Off Ice<br>\$13.00     | 1:50 – 2:40<br>C Off Ice<br>\$13.00     | 1:50 – 2:40<br>C Off Ice<br>\$13.00     |
| 3:00 – 3:50<br>A B Off Ice<br>\$13.00   | 3:00 – 3:50<br>A B Off Ice<br>\$13.00   | 3:00 – 3:50<br>A B Off Ice<br>\$13.00   | 3:00 – 3:50<br>A B Off Ice<br>\$13.00   |

Daily Total =

M \_\_\_\_\_ T \_\_\_\_\_ W \_\_\_\_\_ Th \_\_\_\_\_ F \_\_\_\_\_ S \_\_\_\_\_

Name: \_\_\_\_\_ Level:      A      B      C      S

Email address : \_\_\_\_\_

Coach's signature: \_\_\_\_\_

Please circle all sessions you wish to contract (not Elite Training Package) on previous page.

Please circle dates you wish to contract ice:

|            |      |      |      |      |      |      |      |
|------------|------|------|------|------|------|------|------|
| Mondays    | 7/10 | 7/17 | 7/24 | 7/31 | 8/7  | 8/14 | 8/21 |
| Tuesdays   | 7/11 | 7/18 | 7/25 | 8/1  | 8/8  | 8/15 | 8/22 |
| Wednesdays | 7/12 | 7/19 | 7/26 | 8/2  | 8/9  | 8/16 | 8/23 |
| Thursdays  | 7/13 | 7/20 | 7/27 | 8/3  | 8/10 | 8/17 | 8/24 |
| Fridays    | 7/14 | 7/21 |      | 8/4  | 8/11 | 8/18 | 8/25 |

Total contracted \$ \_\_\_\_\_

(Multiply daily total by number of days contracted for each day and add)

Less 50% deposit (due with this form) \$ \_\_\_\_\_

Credit/Cash/check # \_\_\_\_\_

Balance due 1<sup>st</sup> day of Summer Skate \$ \_\_\_\_\_

Forms will be accepted May 15 - June 15

**Each session \$1 more if after June 15**

Ice Contract will NOT be accepted without active USFS Membership