

Welcome to Castle Ice 2009 Summer training program.

We have multiple freestyle sessions to offer competitive and recreational skaters alike. We also offer on ice skills classes as well as off ice specialty classes focusing on ballet, pilates, strength, flexibility, stamina and jump technique. We are proud to be offering off-ice harness and Dartifsh technology.

We know this will be a productive summer for all attending and we look forward to welcoming you!

How to fill out this form:

Step 1: Choose a package

Step 2: Choose the number of freestyles per week within your package.

Step 3: Add up your package total.

Step 4: Choose the weeks you will be participating in the week schedule.

Step 5: Multiply the total in your package with the total weeks participating to get your final cost.

Step 6: Please check the boxes in the schedule for freestyles and on/off-ice classes that your package allows for.

Date: _____
Name: _____
Address: _____
Email: _____
Phone: _____
Level: _____ Age: _____

Payment Method:

Check Cash Credit Card

Credit Card Number

Expiration _____

Name on Card:

Payment Type: check or cash makes checks payable to Castle Ice Arena

mail form to: Castle Ice Arena Attention Skating Directors
12620 164TH AVE SE Renton WA 98059

Cancellation policy: a 15% cancellation free will be charged. Cancellations must be made by June 26th. Make-up sessions/credits: credits are given only for extreme illness or injury.

Payment Policy: Applications due May 29th. Applications received after this date will be assessed a \$25.00 late fee. A 50% deposit is due at the time of application submission. Balance due by July 29th.

Gold & Silver



2009 Summer Training Program

www.castleice.com

www.castleice.com
Phone 425-254-8750

Don't forget to calculate your discount!
(if applicable)

June 29th thru August 21st

Full 5 day participation packages

Gold Package

This package allows you to choose the # of freestyles. Plus off-ice specialty classes, off-ice harness/Dartfish classes and on-ice skills classes.

#__ freestyles per week x 9.00 per week = _____
 # 5 dartfish/off-ice harness x 5.00 = 25.00
 # 2 off-ice jump/stretch x 5.00 = 10.00
 # 3 specialty off ice x 10.00 = 30.00
 (ballet, strength, pilates)
 # 5 on ice classes x 5.00 = 25.00
 Package Total = _____

Full 5 day participation packages

Silver Package

This package allows you to choose the # of freestyles. Plus off-ice specialty classes, and on-ice skills classes according to your level.

#__ freestyles per week x 9.00 per week = _____
 # 2 off-ice jump/stretch x 5.00 = 10.00
 # 3 specialty off ice x 10.00 = 30.00
 (ballet, strength, pilates)
 # 5 on ice classes x 5.00 = 25.00
 Package Total = _____

Partial participation package:
(no discounts available with this package)

Must have a private instructor to participate
 #__ freestyles per week x 9.00 = _____
 #__ dartfish/off-ice harness x 5.00 = _____
this class is offered for the juvenile level and up with your coaches permission only
 #__ off-ice jump/stretch x 5.00 = _____
 #__ specailty off-ice x 10.00 = _____
ballet strength pilates
 #__ on-ice classes x 5.00 = _____
 Total = _____

On-Ice	Session	Days Available
		M T W TH F
5:30am-6:30am	Freestyle open	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6:30am-7:30am	Freestyle open	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7:30am-8:30am	Freestyle high	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
8:30am-8:50am	Skills high	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
8:55am-9:15am	Skills low	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
9:30am-10:30am	Freestyle open	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
10:30am-11:30am	Freestyle open	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
11:30am-11:50am	Skills low	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
11:30am-11:50am	Exhibition	n/a mon-thurs <input type="checkbox"/>

Off-ice	Session	Days Available
6:00am-6:25am	Jump harness/dartfish	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
8:00am-8:45am	Off ice specialty low	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> n/a n/a
9:00am-9:45am	Off-ice specialty high	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> n/a n/a
	Mon - Ballet	
	Tues - Strength/conditioning	
	Wed - Pilates	
8:00am - 8:30am	Off-ice jump stretch low	n/a n/a n/a <input type="checkbox"/> <input type="checkbox"/>
9:00am - 9:30am	Off-ice jump/stretch high	n/a n/a n/a <input type="checkbox"/> <input type="checkbox"/>

Week Schedule

- June 29 - July 3
- July 6 - July 10
- July 13 - July 17
- July 20 - July 24
- July 27 - July 31
- August 3 - August 7
- August 10 - August 14
- August 17 - August 21

Total Weeks: _____

Package Total _____ X Week Total _____ = _____
 minus discount = _____

Discounts:

- 5% for 6 week participation
- 10% for 7-8 week participation

Drop in rates:

\$11.00 freestyle \$10.00 off ice
 \$10.00 on ice skills \$15.00 off ice specialty

Off-Ice Jump Harness:

This is a great learning tool in helping skaters with difficult jumps. The harness is designed to aid the skater in proper air position and quickness.

Pilates/Stretch:

To be taught by Meagan Fain a member of Honest Movement Pilates in Issaquah. Please check out their website ww.honestmovement.com The instructors of Honest Movement are all certified by the STOTT PILATES method.

Exhibitions:

Exhibitions will be offered on Fridays. Rehearsing your program on-ice will provide our skaters the opportunity to fine tune the "art of the performance" as well as prepare for competitions. Video playback will be available.

Ballet:

To be taught by prima ballerina Michiko of MK Ballet Studio. Michiko was a soloist with the Tokyo Ballet and brings with her years of formal ballet training.

Conditioning/Strength:

To be taught by Peter Schmock, 2-time Olympian, and owner of Club Zum, Seattle. This class will focus on specific exercises custom tailored to enhance our skaters' needs.

Off-ice Jump Class:

Skaters will focus on body awareness, alignment, height, rotation, and rythm. Off-ice jump specific exerices will be taught to suit each individual skater.

On-ice Skills Class:

Our on-ice classes will include spins, power stroking, cardio, edges, footwork, and artistry.

Dartfish:

Dartfish is a state-of-the-art software program that gives instant feedback to a skaters' athletic performance. Utilizing the ability to analyze jumps at a new level never before possible, via a frame by frame look.