

PARTICIPANT RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT
READ BEFORE SIGNING

Participant Name _____

In consideration of being allowed to participate in any way in the program, related events and activities, I the Undersigned, acknowledge, appreciate and agree that: 1.) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death; and 2.) I 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 terms and conditions for participation. If 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 STEEL ICE CENTER, its Officers, officials, agents and/or employees, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (RELEASEES), from any and all claims, demands, losses and liability arising out of or related to any INJURY, DISABILITY OR DEATH, I may suffer, or loss or damage to person or property, WHETHER ARISING FROM NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

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.

X
Participant's Signature _____ Age _____ Date _____

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR 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 and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X
Parent/Guardian Signature _____ Date _____

Emergency Phone Number(s) _____

Programming Information

Mondays – 1p-2p

Off Ice Training
6/17 – 8/12/2017
\$108 for 9 weeks
\$14 walk in per class

Tuesdays – 1p-2p

Pilates for Figure Skaters
6/18 – 8/13/2017
\$90 for 9 weeks
\$12 walk in per class

Wednesdays – 1p-2p

Off Ice Jumping
6/19 – 8/14/2017
\$63 for 9 weeks
\$8 walk in per class

Thursday – 1p-2p

Yoga with Connie
6/20 – 8/15/2017 OFF 7/4
\$56 for 8 weeks
\$8 walk in per class

Friday – 1p-2p

Off Ice Training
6/21 – 8/16/2017
\$108 for 9 weeks
\$14 walk in per class



**2019
Summer
Off Ice Training
For
Figure Skaters**



**320 East 1st Street
Bethlehem, PA 18015**

**2019 Summer
Off Ice Training**
**Classes will be offered daily
6/17-8/16/2019.**

At The Steel Ice Center , we offer specialized off-ice programs to assist our figure skaters in reaching their full athletic potential. These programs will help the skater enhance what they have accomplished and reach new goals in their skating. Below is a list of the classes offered:

Off Ice Training

This class will be instructed by KSP fitness instructors Brian Herbold and Kyle Shannon. This class is designed to assist the skater achieve overall fitness, balance, injury prevention skills and to propel your skater to their most athletic self. In this class skaters will work on strength, agility and endurance.

**Mondays 1pm-2pm
Fridays 1pm-2pm**

Pilates

In this class skaters will work to strengthen and lengthen the muscles, strengthen the core, teach proper breathing, relaxation, balance and body awareness. These exercises will work the deep core muscles, with an emphasis on correct body alignment and stretching . They increase both strength and flexibility, without adding bulk. This class will be instructed by Michelle Leach.

Tuesdays 1pm-2pm

Off-Ice Jump Class

This class will assist skaters to develop strong jumping skills through vertical lift, rotation, and technique exercises. Skaters will also work on landing positions, proper body alignment in all aspects of the jump, strengthening air position and building faster rotation. This class will be taught by Steel Ice Center Staff coaches.

Wednesdays 1pm-2pm

Yoga with Connie

Connie's program is designed to focus on postural alignment in skating moves while incorporating breathing techniques and stress management for competitions, tests and shows. This program will include care of muscles assisting with growth spurts, soreness and fatigue associated with training and protection from injury. Skaters will gain the knowledge that can be utilized on and off the ice.

Thursdays 1pm-2pm

**Our qualified instructors provide the
best instruction to help your skater
achieve their goals!**

**Any questions please contact Angela
@ 610-625-4774 ext. 226 or
aroesch@ptd.net**

**2019 Summer
Off Ice Training
Registration Form**

Participant : _____

Address: _____

DOB: ___ / ___ / ___ **Level:** _____

Email: _____

Phone: _____

Classes

Off Ice Training – Monday

Pilates – Tuesday

Off Ice Jumping – Wednesday

Yoga – Thursday

Off Ice Training – Friday

Week 1

Week 6

Week 2

Week 7

Week 3

Week 8

Week 4

Week 9

Week 5