

Riverside Figure Skating Club
 PO Box 354 Austin, MN 55912
 www.riversidefigureskating.com
Spring Session 2010 Registration Form

Name: _____ Birthdate: _____ Age: _____ Grade: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Parent/Guardian(s): _____ Home Phone: _____ Alt. Phone _____
 Emergency Contact: _____ Phone: _____
 Highest Test Passed: _____

Sundays, March 21 – April 25, 2010 (No Skating Easter Sunday, April 4th)
Fridays, March 19 - April 30 2010 (No Skating Friday, April 2nd)

Basic Skills – beginning skaters and those working on Basics Levels 1-6
Basic Skills II – skaters working on Basics Levels 7-8
Intermediates – skaters working on Freestyle Levels 1-4
Open Freestyle – practice ice & private lesson time, all skaters must adhere to safety guidelines during freestyle ice
Power & Moves – 30 minute conditioning class; focus on Power drills, edges, Moves in the Field, & footwork combinations
Core Conditioning – 20 minutes off-ice conditioning class; uses yoga and Pilates to develop core muscle strength, balance and flexibility; open to skaters and parents (if space permits); use of yoga mat or towel is optional

} 30 minutes of coaches instruction &
 30 min. of practice time (with
 helpers) per week

	Sunday (5 weeks)	Friday (6 weeks)
Basic Skills, Basic Skills II, Intermediates, Beg Advanced.	1:00-2:00 pm \$50.00 <input type="checkbox"/>	
Power and Moves (Beg. Adv. – Advanced)	2:00-2:30 pm \$25.00 <input type="checkbox"/>	
Open Freestyle (all levels)	2:30 – 3:30 pm \$50.00 <input type="checkbox"/>	5:15 – 6:15 p.m. \$60.00 <input type="checkbox"/> Walk-on ice option: If you do not want to contract for 6 weeks of Friday ice, you can pay \$12.50 per week. Please check the box to indicate that you may utilize the walk-on ice option. <input type="checkbox"/>
Core conditioning (Advanced skaters/parents)	1:30 – 1:50 pm \$5.00 per person <input type="checkbox"/>	
Core conditioning (Basics/Intermediate/parents)	2:05 – 2:25 pm \$5.00 per person <input type="checkbox"/>	

Advanced Skaters 2010-2011 Pre-Registration (Optional)
 U.S. Figure Skating Registration is required if you plan to test before October 2010
 \$_____ **RFSC Registration Fee \$25.00, 2nd family member \$15.00**
 \$_____ **US Figure Skating Registration Fee \$40.00, 2nd family member \$15.00**

\$_____ **Total Lesson & Ice Fees & Optional Registration Fees** Cash _____ Check# _____

****I understand that ice skating is a potentially hazardous activity and the Riverside Figure Skating Club, coaches, members, and employees are not liable for any accidents that might occur while members are participating in RFSC activities.**

Parent/Guardian Signature: _____ Date: _____
 Skater Signature: _____ Date: _____

I give permission for photos or images of my child to be posted on the Club Bulletin board at the arena, on the club website, or used as publicity in local newspaper. ___ Yes ___ No

Questions please contact: Jill Hart 437-1023; Cathy Leuer 437-1023; Christine Seppanen 433-9377