

Ames Figure Skating Club

Fall 2015 Ice Contract (August-December)

Updated 07/09/2015

AFSC Club Ice: Available to all AFSC members and AFSC associate members. Skaters lower than level 4 may be on club ice for a lesson only and under the direct supervision of a coach (no independent practice for levels under basic 4). All club ice sessions are monitored by volunteer club members. Ice monitors ensure ice rules are followed during the session and play program music for the skaters. Only AFSC approved coaches may teach on AFSC Club Ice. A maximum of 24 skaters are allowed on club ice sessions.

Fees: Skaters must contract a minimum of one hour per block of ice time unless otherwise noted. Skaters taking Monday Power Class, Wednesday Jump Class, Friday Skating Technique Class, or Saturday Power Class must contract the 30 min freestyle session following or prior to the class. **All Inclusive Ice Contract includes all AFSC figure free sessions and group lessons listed on the contract, see separate All Inclusive Ice Contract for details.**

Contracted Ice: Morning ice (except Saturday morning) \$10.00 for the first hour contracted and \$5.00 for an additional 30 minutes plus \$5.50 per class. Afternoon, evening, and Saturday morning ice \$16.00/hour and \$8.00 for an additional 30 minutes plus \$5.50 per class; Bridge group lessons (includes 30 min small group class and 45 min freestyle) \$22.50/1.25hr.

Walk-on fees: Freestyle-ice cost plus \$5.50/session. Ice Monitors have envelopes at the arena, and will assist in determining walk-on fees. Walk-on fees listed by session are posted in the club room.

Class Descriptions:

Freestyle: Practice time where privately contracted coaching is available.

Power (Monday morning & Saturday morning): A coached, group session that builds endurance, strength, and speed. A \$5.50 coaching fee is assessed in addition to ice costs. Primary coach: Traci Kepley

Skating Technique Class (Friday morning): A coached, group session, to work on edge quality and control. Skaters must be able to do Forward & Backward Outside and Inside 3-Turns, Mohawks, and beginning Twizzles to be eligible for this class. The class is designed to focus on edge quality, body alignment, stroking, turns, and various skills and drills to enhance step sequences. The class will be set to music and will lead the skaters through a variety of short sequences designed to enhance their skating skills, and improve their ability to recall short choreographic sequences quickly. A \$5.50 coaching fee is assessed in addition to ice costs. Talk with your skater's coach to determine if your skater is ready for this class. Primary coach: Abigail Thiel

Wednesday morning Jumps/Spins Class: A coached, group session to work on jumps and spins. The class will be split into two levels. Each class level will need at least 3 skaters signed up for the class or the class may be cancelled. Skaters may be moved around by the discretion of the class coach. A \$5.50 coaching fee is assessed in addition to ice costs.

High Class: Full rotation jumps and above. Must have all full rotation jumps consistent (Salchow, toe loop, loop, flip, & lutz). Working on front scratch, back scratch, camel and sit spin. Primary coach: Abigail Thiel

Low Class: Basic 4 through half rotation jumps, beginning forward scratch spin. Primary coach: Darlene Lewis

Bridge Class (Friday afternoon group lesson): Includes 30 min group lesson and 45 minute freestyle to allow for practice time. The Bridge Class is for skaters at the Basic 4 – Freestyle 3 skill level. The curriculum for this class includes jumps, spins, edges, footwork and other elements at the skater's level to assist with their progress while having fun. Class must have at least 3 skaters signed up for the class or the class may be cancelled. Cost is \$22.50 and includes coaching fee. Primary coach: Nancy Voltmer

Attached is the ice contract and worksheet. The contract page provides information about the term as a whole. When you sign up for a session time you are committed to those sessions for all the dates listed for the term. Please do not figure out your monthly ice bill. The Treasurer will total this for you and will send you a monthly coupon with the amount.

INSTRUCTIONS: Complete the contract page if contracting specific sessions. Complete the all inclusive ice contract if contracting all ice and are eligible as indicated. **Submit the signed Contract Page.** Complete the automatic withdrawal form for automatic payments. You may place your contract in the "Ice Contract" box, Blue Payment Box or mail to: **AFSC, P.O. Box 1494, Ames, IA 50014**

ICE CONTRACTS MUST BE POSTMARKED BY August 8th, 2015 or placed in the club room contract box by 3 pm on August 9th, 2015 in order to avoid paying a late fee. **Contracts submitted (postmarked) after the due date will be charged a \$10.00 late fee and added to your ice bill.**

PAYMENT: Ice bills are due on the first of the month following the month skated and considered late on the 16th of the month. A monthly bill will not be mailed to you. After receiving your contract page, the Treasurer will make out a coupon sheet for each skater that shows what your 4 equal monthly payments will be. (Your locker payment will be included in this coupon unless paid in full). You are responsible for paying all contracted ice as indicated on your ice contract. If the skater is unable to skate due to illness, injury, or other unforeseen circumstances, you are still responsible for paying for all contracted ice and classes unless otherwise approved by the AFSC Board of Directors.

If for some reason ice is cancelled, any credit due will accumulate and be applied to the December bill. You will be notified of adjustments to this bill.

Your check must be received by the 15th of the month either through the mail, or in the drop box. If your account is more than 30 past due, you will not be able to skate on club ice until your bill is paid.

CONTRACT CHANGES: Any change made to your contract after it is signed will be assessed a \$10.00 change fee and added to your last ice bill for the contract period. (This fee is not assessed when your coach makes a request because of their lesson schedule. Also, the change fee is not assessed when you add to your contract).

QUESTIONS: Contact Jenny Slack by email: jennifer.l.slack@gsk.com or phone: 515-371-1934 before 8:00 pm.

PLEASE NOTE: The Club reserves the right to cancel any group class that has less than 4 skaters registered for that session. You will be notified if any group lessons are cancelled.