



**Skate For Fun &
Class Sign-up Day!**
Saturday, October 18th, 2008
10:30-12:00 p.m. ~ **ADMISSION: FREE**

ST. PAUL FIGURE SKATING CLUB CLASSES

The St. Paul Figure Skating Club offers high-quality instruction with experienced, dedicated coaches. Participants acquire an appreciation for an active lifestyle while developing self-esteem, self-confidence, self-discipline and self-reliance by mastering and performing skating skills. Skaters learn how to manage stress, perform under pressure, and test emotional and physical balance. They learn to respect others, to have good sportsmanship, and how to manage success and disappointment along with developing social skills with other children and adults..

All classes are at Pleasant Arena
848 Pleasant Avenue (intersection of St. Clair & I-35E)
Questions? Contact Lexie Kastner at (612) 804-0328,
e-mail: lekastner@aol.com, or contact Tom Incantalupo at
(651) 707-4482, e-mail: skoach92@yahoo.com -
or visit us at www.stpaulfsc.org

LEARN TO SKATE CLASSES

Classes for beginning skaters - kindergarten to 14 years of age. Skaters divided into groups of 12. Skaters are with instructor for 1/2 hour & practice alone for 1/2 hour. Skater's hour block determined by signup & will be assigned the first week of class.

Special class for beginning skaters as young as 2 is scheduled from 10:30-11:00 am. Participants are introduced to the basic concepts of skating

No rental skates available; safety helmets are suggested for beginning skaters.

Saturdays 10:30 a.m.-12:00 p.m.

FALL: (8 weeks)
October 25 thru December 13

WINTER: (10 weeks)
January 10 thru March 14

SPRING: (10 weeks)
March 21 thru May 23

PLEASANT ACADEMY SESSIONS

Designed to develop skaters for St. Paul Club's competitive team. Small classes enable coaches to move children quickly thru basic skating skills And into the competitive arena. Safety helmets are suggested for beginning skaters. Participants provide own skates. *Monday & Wednesday Sessions include 30 minute off ice training & 45 minute on ice skating; Friday session is skating only; Saturday session is skating class & on ice edge class.*

Mondays	Wednesdays
6:00-6:30 p.m. ~ Off-ice 6:40-7:25 p.m. ~ Skating	6:00-6:30 p.m. ~ Off-ice 6:40-7:25 p.m. ~ Skating
FALL: Aug. 25 thru Nov. 24	FALL: Aug 27 thru Nov 26
WINTER: Dec.1 thru Feb. 23	WINTER: Dec 3 thru Feb 25 (no class on 12/24 & 31)
SPRING: Mar 2 thru Jun 1	SPRING: Mar 4 thru Jun 3
Fridays	Saturdays
6:40-7:25 p.m. ~ Skating	12:00-12:45 p.m ~ Skating 12:55-1:25 p.m ~ On-Ice Edges
FALL: Aug 29 thru Nov 28	FALL: Aug 30 thru Nov 29 (no class on 10/18)
WINTER: Dec 5 thru Feb 27	WINTER: Dec 6 thru Feb 28
SPRING: Mar 6 thru Jun 5	SPRING: Mar 7 thru May 30

REGISTRATION FORM: CHECK BOX TO ENROLL IN SESSION FOR CURRENT SEASON

FALL SEASON	DAY/DATES	COST	<input type="checkbox"/>	WINTER SEASON	DAY/DATES	COST	<input type="checkbox"/>	SPRING SEASON	DAY/DATES	COST	<input type="checkbox"/>
Pleasant Academy	Mon: Aug 25 - Nov 24	\$280		Pleasant Academy	Mon: Dec.1 - Feb. 23	\$260		Pleasant Academy	Mon: Mar 2 - Jun 1	\$280	
Pleasant Academy	Wed: Aug 27 - Nov 26	\$280		Pleasant Academy	Wed: Dec 3 - Feb 25	\$220		Pleasant Academy	Wed: Mar 4 - Jun 3	\$280	
Pleasant Academy	Fri: Aug 29 - Nov 28	\$196		Pleasant Academy	Fri: Dec 5 - Feb 27	\$182		Pleasant Academy	Fri: Mar 6 - Jun 5	\$196	
Learn to Skate Classses	Sat: Oct 25 - Dec 13	\$88		Learn to Skate Classses	Sat: Jan10 - Mar 14	\$110		Learn to Skate Classses	Sat: Mar 21 - May 23	\$110	
Pleasant Academy	Sat: Aug 30 - Nov 29	\$312		Pleasant Academy	Sat: Dec 6 - Feb 28	\$312		Pleasant Academy	Sat: Mar 7 - May 30	\$312	

Please Note: Annual fee of \$20 for US Figure Skating registration & Parent/Guardian signature is necessary annually to comply with insurance requirements. Add \$20 to amount if you are registering for the first time in this calendar year (9/1/08 to 8/31/09).

Name _____ Boy / Girl

Address _____

City/State/Zip _____

Birthdate _____ Phone # _____

E-mail Address _____

Enclosed check # _____ for \$ _____ includes \$20 US registration

Make checks payable to St. Paul FSC ~ Mail check with this section of form to:
SPFSC %Lexie Kastner, P O Box 296, Deerwood MN 56444

Insurance Waiver Form

In consideration of my participation in any U S Figure Skating Association program or Basic Skills activity, I acknowledge that I understand the nature of the activity and that I, and/or my minor child, am qualified, in good health, and in proper physical condition to participate in such activity. I acknowledge that if conditions are unsafe, I, and/or my minor child, will immediately discontinue participation in the activity.

I fully understand that skating involves risks of serious bodily injury, including permanent disability, paralysis, and death, and that these and other risks may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the Releases named below; and that there may be other risks either not known to me or not foreseen at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the activity.

I hereby release, discharge, and covenant not to sue the U S Figure Skating Association, its Member Clubs, their respective administrators, directors, agents, officers, volunteers, and employees, and any sponsors and advertisers of any USFSA-sanctioned event in which I participate (each considered one of the Releases herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releases. This release waiver of liability and express assumption of risk agreement does not apply to liability, claims, demands, losses, or damages arising out of the gross negligence of, or intentional, willful or wanton misconduct of Releases. If I, or anyone on my and/or my minor child's behalf, makes a claim, I agree I will indemnify, defend, save, and hold harmless each of the Releases from any loss, liability, damage or cost which any may incur as the result of such claim.

I acknowledge that I have read this release, waiver of liability and express assumption of risk agreement and fully understand it.

Parent/Legal Guardian Signature

Date