



# NORTHEAST ISC AT VALLEY RINKS

## SESSION III SCHEDULE - 2012

### January 3rd thru March 31st, 2012

Session IV Schedule will begin April 3rd. Similar Schedule will be offered thru June 2012.

Skater's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Coach: \_\_\_\_\_ USFS #: \_\_\_\_\_ Highest USFS Test Passed: \_\_\_\_\_

1. Check the box next to the session(s) and class(es) you wish to book
2. Complete the Payment Contract form on the reverse side of this form
3. Submit the completed form along with the ice deposit to NEISC by **December 29, 2011.**  
(please add \$15 late fee if contracting after December 29th)

### LAWRENCE RINK

654 South Union Street - Lawrence, MA

**TUESDAY:** Jan. 3 - March 27th / 13 Weeks x \$13/session

FREESTYLE 6:00 - 6:50pm - \$169

FREESTYLE 7:00 - 7:50pm - \$169

**WEDNESDAY:** Jan. 4 - March 28th / 13 Weeks x \$13/session

FREESTYLE 3:50 - 4:40pm - \$169

FREESTYLE 4:50 - 5:50pm - \$169

### HAVERHILL RINK

7 Parkridge Rd - Haverhill, MA (Ward Hill Business Park)

**THURSDAY:** Jan 5 - March 29th / 13 Weeks x \$13/session

FREESTYLE 3:40- 4:40pm - \$169

MOVES (\$8/session) 4:40 - 5:00pm - \$104

FREESTYLE 5:05 - 6:05pm - \$169

LEARN TO SKATE CLASS 6:10 - 6:50pm

*\*\*See separate sign up sheet\*\**

**SATURDAY:** Jan. 7 - Mach 31st / 13 Weeks x \$13/session

STRENGTH & CONDITIONING CLASS 9:00 - 9:40am

*\*\* See separate sign up sheet\*\**

FREESTYLE 9:45 - 10:35am - \$169

MOVES (\$8/session) 10:35-10:55am - \$104

FREESTYLE 11:00 - 11:50am - \$169

Note: Sat Ice on 3/10 will be Moved to the Lawrence Rink  
Schedule will be: Free 9:50-10:50, Moves 10:50-11:10 & Free 11:20-12:20

### DESCRIPTIONS

**MOVES SESSION** - 20 min. of open ice restricted to skaters practicing moves-in-the-field patterns. NO INSTRUCTION is included, this is just open ice time specifically for moves - jumping or spinning will not be permitted during this time.

**STRENGTH & CONDITIONING CLASS** - 40 min. off-ice training class with licensed physical therapist, Kathy McPherson. Class will focus on learning the proper form and execution of stretching, strengthening & cardio exercises. See separate sign up sheet for more information & required pre-evaluation session.

**Required Supplies: Sneakers & Exercise Mat**

**PARISI SPEED SCHOOL** - NEISC Off-Ice Conditioning Class offered on Mondays at Cedardale Health Club, Bradford. Mondays 5:30pm. **See separate sign up sheet for more info!**

### Additional Information

Only NEISC full representing & associate members are permitted to contract ice time. Applications are taken on a first come, first served basis. NEISC representing members receive preference when booking ice & walking-on to sessions. Non-members walking-on must have a current USFS membership number. Sessions subject to cancellation without enough contracts. Member contract rate is \$13 per session. **Member walk-ons will be \$16 per session & \$18 per session for non-members.** All skaters are expected to adhere to club freestyle rules. **Three make-ups will be permitted for each contracted session, skaters must complete make-up information with ice proctor before taking the ice.**

**\* DON'T FORGET TO COMPLETE REVERSE SIDE & MAKE A COPY FOR YOUR RECORDS\***

Northeast ISC at Valley Rinks

Haverhill Valley Forum - 7 Parkridge Road - Haverhill MA 01835

Phone: (978) 478-5213 / www.NortheastISC.com / email: northeastisc@yahoo.com



# NORTHEAST ISC AT VALLEY RINKS

## SESSION III CONTRACT

(JANUARY 3, 2012 TO MARCH 31, 2012)

Parents's Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone #: \_\_\_\_\_

1. Total the amount of ice time/classes you have checked on the reverse side
2. Complete the Payment Option information below
3. Submit the completed form along with the ice deposit to NEISC by **December 29, 2011.**  
(please add \$15 late fee if contracting after December 29th.)

**Total Amount Booked for Session III: \$ \_\_\_\_\_**

Note: On occasion sessions will be cancelled due to holidays, events etc. Ice accounts will be adjusted accordingly.

### PLEASE CIRCLE YOUR PAYMENT OPTION

**Option 1**

100% Due with Ice Form

**Option 2**

50% Due with Ice Form  
Balance Due on Feb. 1st

**Option 3**

25% Due with Ice Form  
25% Due on Jan. 15th  
25% Due on Feb. 1st  
25% Due on March 1st

I agree to the terms of this contract: **Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please make check payable to: **Northeast Ice Skating Club**

**Mail applications with Payments to:** Attn: Northeast ISC - 7 Parkridge Road - Haverhill, MA 01835

**Payment Method:** \_\_\_\_\_ cash \_\_\_\_\_ check **Amount Enclosed:** \_\_\_\_\_

**WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND PARENTAL CONSENT & INDEMNITY AGREEMENT** - In consideration of myself or my minor child being permitted to participate in any way in Northeast ISC (NEISC) / The Skating Club of Andover ("SCA") in sponsored Activities ("Activity"), I agree: 1. I understand the nature of NEISC/SCA activities and my, or my minor's, experience and capabilities & believe me, or my minor, to be qualified to participate in such Activity. I further acknowledge that I and/or the minor are aware the activity will be conducted in facilities that are open to the public during the Activity. I further agree & warrant will instruct the minor that if at any time the minor believes the conditions to be unsafe, he/she will immediately discontinue further participation in the activity & I will do the same for myself. 2. I fully understand that: (a) NEISC/SCA activities involve risks and dangers of SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS and DEATH; (b) these risks may be caused by my own actions or inactions or the actions or inactions of the minor, the actions or inactions of others participating in the activity, the condition in which the Activity takes place, or the NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES incurred as a result of my or my minor's participation in the Activity. 3. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS NEISC/SCA, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers and if applicable, owners and lessor of premises on which the Activity takes place (each considered one of the "Releasees" herein) from all liability, claims, damages, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I, the minor, or anyone on the my or the minor's behalf makes a claim against any of the "Releasees" named above, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY OCCUR AS THE RESULT OF SUCH CLAIM. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND IT'S TERMS, UNDERSTAND THAT I AND/OR HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY THE LAW THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE & EFFECT.

Skaters Name (Please Print): \_\_\_\_\_

Signature (Parent/guardian if member/skater under 18): \_\_\_\_\_ Date \_\_\_\_\_

**Emergency Contact Information:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Office Use Only: Payment 1 \_\_\_\_\_ Payment 2 \_\_\_\_\_ Payment 3 \_\_\_\_\_ Payment 4 \_\_\_\_\_