

**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 - 1:15p-2:15p**

**Off Ice Jump Class**

**6/17 - 8/19/2024**

**\$120 for 10 weeks**

**\$15 walk in per class**

**Tuesdays - 1:15p-2:15p**

**Ballet & Flexibility**

**6/18 - 8/20/2024**

**\$120 for 10 weeks**

**\$15 walk in per class**

**Wednesdays - 1:15p-2:15p**

**Off Ice Jump Class**

**6/19 - 8/21/2024**

**\$120 for 10 weeks**

**\$15 walk in per class**

**Thursday - 1:15p-2:15p**

**Off Ice Training**

**6/20 - 8/22/2024**

**Off 7/4/2024**

**\$108 for 9 weeks**

**\$15 walk in per class**

**Friday - 1:15p-2:15p**

**Off Ice Spins, Balance and Flexibility**

**6/21 - 8/23/2024**

**Off 7/5/2024**

**\$108 for 9 weeks**

**\$15 walk in per class**

**Unlimited off ice classes for the  
Summer of 2024 - \$480**



**2024**

**Summer**

**Off Ice Training**

**For**

**Figure Skaters**



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

**610-625-4774**

**Www.steelicecenter.com**

## 2024 Summer Off Ice Training

Classes will be offered daily 6/17 - 8/23/2024.

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 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.

Mondays 1:15pm-2:15pm

Wednesdays 1:15pm-2:15pm

### Ballet and Flexibility

This class is to assist skaters to achieve increased flexibility, musicality, and body awareness. Ballet training is essential to performing choreography with artistic integrity. Ballet increases muscle tone, flexibility, improves posture and grace. Students will be able to apply these skills to program elements such spirals, connecting movements and spin positions.

Tuesdays 1:15pm-2:15pm

## 2024 Summer Off Ice Training

Classes will be offered daily 6/17 - 8/23/2024.

### Off Ice Training

This class will be Thursdays and will be instructed by SIC Staff and guest instructors. 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.

Thursdays 1:15pm-2:15pm

Off 7/4/2024

### Off Ice Spins, Balance and Flexibility

This class will work to strengthen balance, basic spin positions, variations of basic spin positions and flexibility.

Fridays 1:15pm-2:15pm

Off 7/5/2024

**Any questions please contact  
Angela at [skating@Steel-ice.com](mailto:skating@Steel-ice.com)**

## 2024 Summer Off Ice Training

Participant : \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

DOB: / / Level: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

## Classes

Off Ice Jump Class – Monday

Ballet and Flexibility – Tuesday

Off Ice Jump Class – Wednesday

Off Ice Training – Thursday

Off Ice Spins, Flexibility and Balance – Friday

Week 1

Week 6

Week 2

Week 7

Week 3

Week 8

Week 4

Week 9

Week 5

Week 10