



Basic Skills & Adult Skating Programs

"Basic Skills" Level 1-3 for School Age Skaters

The "Basic Skills" are the fundamentals of the sport of skating. These 3 levels introduce the fundamental moves: forward & backward skating, stops, edges, crossovers, and simple turns. Skaters who have completed level 3 are encouraged to join "The Finer Edge" classes!

"Adult" Level 1-2

The Adult curriculum is designed for the beginner adult skater. It will promote physical fitness as well as improve balance and coordination while learning proper skating techniques. Adults who have completed level 2 are encouraged to join "The Finer Edge" classes!

- 30 minute lesson & 30 minute practice
- **Helmets strongly recommended!**
- Top quality coaches!
- Give yourself and/or your child the advantage: Private or Semi-Private lessons available during practice times!



Skater Name: _____ Sex: M F Date of Birth: _____

Address: _____ City: _____ State: _____ Zip: _____

Parent/Guardian Name's: _____

E-Mail Address: _____ Phone # _____ Cell # _____

Beginner Skater: Yes: ___ No: ___ Last level passed: _____

FALL 2009	WINTER 2010	Fall & Winter	Program Attending
9/27 to 12/20/2009 (No skating 10/25, 11/8, 12/13)	1/3 to 2/28/2010 (No skating 1/24/2010)	9/27/2009 to 2/28/2010	
10 weeks: \$150.00	8 weeks: \$120.00	18 weeks: \$265.00	Total Due:

Please complete form, detach & mail with full payment to:

Janet Sotola
32 Indian Ladder Dr.
Altamont, NY 12009

Checks payable to: *Albany FSC*
Visit: www.albanyfsc.org

****There are no make-ups & no refunds without a medical excuse**

WAIVER OF LIABILITY

In consideration of _____ participating in the **Albany Figure Skating Club** Basic Skills Program I hereby covenant and agree with the Albany Figure Skating Club, the Albany Academy, the owners, officers, agents, employees, volunteers and all persons engaged as instructors or administrators in any programs in which I/he/she may be a participant, to indemnify and hold harmless each and every one of them from and against all claims, liability, loss cost, damages, and expenses which may arise out of or in connection with the use by me/him/her of such facilities. Including without limitations, all claims I/he/she might have for personal injury or property damage to him/her or so arising.

I understand that skating is a participation sport and I am fully aware of the risk of serious bodily injury and hazards in or arising from my use or presence upon the facilities. I fully accept all such risks and assume responsibility for losses, costs and damages I and/or my minor child incur as a result of participation in the activity.

I understand that I must carry and maintain my own personal medical insurance throughout the time of participation. I also give consent to receive first aid and emergency transport to the nearest medical facility.

I acknowledge I have read this release & waiver of liability, assumption of risk and indemnity and fully understand it.

Date: _____

Signature of Participant/ Parent or Guardian (if under 18)