

## Northwell Health Ice Center Waiver Form

I, \_\_\_\_\_ (the "Participant"), or the Participant's parent/guardian if he or she is under the age of eighteen (18), hereby acknowledge(s) and record(s) my/his or her independent and voluntary decision to participate in any skating lessons and/or other activities (collectively, the "Program") conducted by or involving, and/or to use facilities and equipment provided by, Twin Rinks Acquisition Company LLC doing business as Northwell Health Ice Center (the "Company").

The undersigned understands that ice skating and participation in the Program may entail certain anticipated and unanticipated risks, dangers and hazards, including possible serious personal injury, paralysis and/or death. The undersigned agrees that the Participant should not participate in the Program unless the Participant is medically able.

The undersigned hereby acknowledges the voluntary and informed assumption of full responsibility and liability regarding any injuries that the Participant may incur coincident to his or her participation in the Program. The undersigned hereby confirms that I have informed the Company of any medical/health concern the Participant may have, that the Participant is medically able to participate in the Program and that I accept full responsibility for the Participant's behavior and health throughout the Program.

Participant understands that photographs may be taken during the Program and consents to the use by the Company and/or its affiliates without further consideration of any such photographs in which Participant's likeness or image appears.

The undersigned, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby expressly waives, releases, discharges, indemnifies and holds harmless the Company, Nassau County, the New York Islanders Hockey Club, L.P., the National Hockey League and its member clubs, and their respective owners, parents, subsidiaries, directors, officers, employees, contractors, agents, participants, sponsors, volunteers, successors, affiliates and/or assigns and any other person or entity doing business with or on behalf of the above-listed entities (collectively, the "Releasees") from any and all liabilities, claims, demands, costs, expenses, damages, actions or causes of action that the Participant may incur or acquire during the course of the Participant's involvement with the Program, whether arising from the negligence of the Releasees or otherwise, to the fullest extent permitted by law.

The undersigned also warrants that he or she is eighteen (18) years or older and mentally competent to grant this waiver.

Name of Participant: \_\_\_\_\_

Participant Signature (if 18 or older and competent):  
\_\_\_\_\_

Guardian/Parent Signature:  
\_\_\_\_\_

Date: \_\_\_\_\_



**CHECK OUT OUR WEBSITE!**  
**NORTHWELLHEALTHICECENTER.COM**

 <HTTPS://WWW.FACEBOOK.COM/NORTHWELLHEALTHICECENTER/>

 <HTTPS://TWITTER.COM/NHICECENTER>

 <HTTPS://WWW.INSTAGRAM.COM/NORTHWELLHEALTHICECENTER>



**SAVE THE DATE!**

**1992 Olympic Silver Medalist**

**Paul Wylie**

**will be at Northwell Health Ice Center  
during the week of July 17th.  
Look for the event flyer coming soon.**

**Signed waivers required first day of class.**

**Register by phone or in person:  
Northwell Health Ice Center  
200 Merrick Avenue, East Meadow, NY 11554  
516-441-0070**



**SUMMER 2016**



## TENTATIVE DAILY SCHEDULE

### MONDAY-FRIDAY

7:00-7:50am Open Free  
 8:00-8:50am Open Free  
 9:00-9:50am High Free  
 10:00-10:50 Clinic Ice  
 11:00-11:50am Low Free  
 12:00-12:50pm High Free  
 1:00-1:50pm Low Free  
 2:00-2:50pm Clinic Ice  
 3:00-3:50 Open Free\*

\*EXHIBITION ICE FRIDAYS 3:00-3:50 PM.

### SATURDAY

8:00-8:50am Open Free  
 9:00-9:50am Open Free

**HIGH** = Juvenile (passed) Free & Above  
**LOW** = Pre-Juvenile & Below  
**OPEN** = All Levels

**ALL Freestyle sessions are 50 minutes in length**

**All Summer 2016 Freestyle cards expire on August 27th, 2016.**



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### ON-ICE CLASSES

**POWER SKATING:** Geared to skaters possessing a good working knowledge of edging and turns. Primary focus is on power and stamina.

**SPIN CLASS:** Primary focus is to develop and enhance a skaters basic spin technique in order to achieve fast, centered spins with numerous revolutions. Combination/flying spins and difficult variations are covered.

**EDGE CLASS:** Primary focus is on quality of edge and the importance of proper body alignment in achieving clean turns and deep sustained edges.

**CREATIVE MOVEMENT/PROGRAM COMPONENTS:** This class will explore creative body movement and expression to foster a better understanding of the IJS program components.

**JUMP CLASS (LOW/HIGH):** This class focuses on proper jump technique and the basics necessary to achieve quality double and triple jumps. Low level is for skaters learning single jumps. High level is for skaters who can do a clean axel and above.

### OFF-ICE CLASSES\*

**STRETCH CLASS:** Stretching prepares the body for exercise and increases range of motion which is essential in all aspects of skating. Stretching plays an integral part in injury prevention by increasing blood flow to muscles. Class focus: endurance, posture and centering.

**BALLET:** Is fundamental to the development of any skater. Ballet helps a skater develop core and lower back strength and body awareness. Ballet helps skaters control fluidity of movement and promotes endurance, posture and centering.

**OFF ICE JUMP CLASS:** This class is designed to prepare skaters for multi-revolution jumps. Focus includes jump warm-ups, exercises for jump explosiveness as well as drills for quicker, more efficient rotation. Jump take-offs, air and landing positions will also be covered.

**FITNESS:** Developed by a strength coach with a senior-level competitive skating background, the off-ice figure skating training program at Institute 3E is designed to increase endurance, strength, mobility, agility, posture and overall athleticism. To register for this program, please stop by Institute 3E, located on the second floor at Northwell Health Ice Center.

**\*Appropriate dress required.**

# July 5<sup>th</sup> - August 27<sup>th</sup>

## 8 WEEKS OF SUMMER CAMP

### UNLIMITED PACKAGES\*

\*includes saturday

1 week	\$300	(\$11.11/session)
4 weeks	\$1075	(\$9.99/session)
8 weeks	\$1800	(\$8.33/session)

### WEEKLY PACKAGES

Monday thru Friday

1 week	2 sessions per day	\$145 (\$14.50/session)
	3 sessions per day	\$202 (\$13.50/session)
	4 sessions per day	\$260 (\$13.00/session)
	4 weeks	
4 weeks	2 sessions per day	\$480 (\$12.00/session)
	3 sessions per day	\$705 (\$11.75/session)
	4 sessions per day	\$880 (\$11.00/session)
	8 weeks	
8 weeks	2 sessions per day	\$800 (\$10.00/session)
	3 sessions per day	\$1168 (\$9.75/session)
	4 sessions per day	\$1520 (\$9.50/session)

### SWIPE CARDS

\$150/10 sessions  
 Freestyle Cards are sold in 10 session increments at \$15/session.

### WALK-ON

\$20/session  
 On/Off ice classes \$13/25 minute class

- |  |  |
|--|--|
| <input type="checkbox"/> Week 1: 7/5 - 7/9   | <input type="checkbox"/> Week 5: 8/1 - 8/6   |
| <input type="checkbox"/> Week 2: 7/11 - 7/16 | <input type="checkbox"/> Week 6: 8/8 - 8/13  |
| <input type="checkbox"/> Week 3: 7/18 - 7/23 | <input type="checkbox"/> Week 7: 8/15 - 8/20 |
| <input type="checkbox"/> Week 4: 7/25 - 7/30 | <input type="checkbox"/> Week 8: 8/22 - 8/27 |

### STUDENT INFORMATION

NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

#### PAYMENT INFORMATION:

CASH  CHECK# \_\_\_\_\_  CC

Credit Card#

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EXP DATE   /   CVC:

SIGNATURE: \_\_\_\_\_

**Please sign waiver on back of this form.**

**No make-ups/No refunds.**

All sessions are subject to change/cancel without notice.

**TOTAL DUE**

\$ \_\_\_\_\_

There will be NO SPLITTING sessions.