

Save the Dates

End of Year Ice Show

Saturday, March 24, 2012

Exhibition Night

Saturday, March 31, 2012

For more information call the
Skating School at 914-948-6696

City of White Plains
Recreation & Parks

CAMP CHILL

The "Coolest" Camp in Town!



February 20-21 (Winter Break)

8:30 a.m.-12:30 p.m.

Accelerated Program...

Learn in 2-days what you would learn in 8-
weeks of group lessons!

Come join the fun!

Space Limited, Register Now!



Dates: February 20-21
 Time: 8:30 a.m. - 12:30 p.m.
 Fee: 2-Day Package \$200
 (Fee includes special camp T-shirt)

- Complimentary donuts and juice at 8:30 a.m.
- Fee does not include skate rental.

Space Limited, Register Now!

Additional information contact:
 Skating School: 914-948-6696
 Ice Rink: 914-422-1390 Recreation Office: 914-422-1336

Boys & girls ages 6 and over currently working in levels Pre-Alpha - Freestyle 3

Clinic Descriptions

Stroking Clinic: Skaters will develop an increase in power, speed and endurance in their stroking.

Jump Clinic: The fundamentals of jumping are combined with exercises to optimize strength and stability.

Spin Clinic: Fundamentals of spinning techniques placing emphasis on centering ability and edge control.

Precision Clinic: The skater will learn the intricacies of footwork with emphasis on rhythms, patterns, and holds while performing as a group.

Choreography: Interpretation of music, program layouts and numerous skating styles will be explored.

"Moves In The Field": Skaters will learn the intricacies of footwork patterns with emphasis on edge and turn control.

Floor Classes

Aerobics: Cardiovascular exercises to enhance endurance. All exercises are performed to music.

Creative Movement: Skaters will be taught short combinations and dances. They will also learn balance coordination and musicality.

Stretch: Invaluable techniques to "warm up" for skating and reduce the chance of athletic injury.

Camp Chill Registration

PLEASE PRINT – ONLY ONE STUDENT PER FORM

Student Name:		Today's Date:	
Address:		Date of Birth:	
City, State, Zip:		Sex: <input type="checkbox"/> M <input type="checkbox"/> F	
School:		Grade:	Age:
What was your last class Level?	Skate Rental Size		
Parent or Guardian:		Email Address:	
Home Phone:		Cell Phone:	
Emergency Contact Name:		Phone:	
			Amount Enclosed:

RELEASE OF LIABILITY: In consideration for my acceptance or that of my child/minor (in my legal custody) for participation in the activities/programs/use of facilities of the City of White Plains, I agree that I am aware of the inherent dangers and risk involved in these activities/programs including bodily injury which may result from strenuous activity or other causes related to the activities/programs. I agree for myself and/or for my child/minor to take the play facilities of the City of White Plains at our own risk. I agree for myself and/or for my child/minor to release and hold harmless the City of White Plains, it's officials, officers, agents, employees, and volunteers from and against any and all liability, damage or claim of any nature arising out of or in any way related to my participation or that of my child/minor in these activities/programs except those things caused by the sole negligence of the City. I understand that the City of White Plains does not provide accident or medical insurance and I am financially responsible for any and all medical expenses whatsoever that I or my child/minor may incur. I have read, understand and agree with the terms of this release.

Signature of Parent/Guardian: _____ Date: _____

**Completed Registration forms may be dropped off at the ice rink or the Recreation & Parks office
 85 Gedney Way, White Plains, NY 10605**

FOR OFFICE USE ONLY

Program Fee:	Amount Paid:	Date Paid:	<input type="checkbox"/> MasterCard <input type="checkbox"/> Cash	<input type="checkbox"/> Visa <input type="checkbox"/> Check #:
Processed by:	Credit Card #:	Credit Card Exp. Date:	Entered by:	