



2019 Summer Program Information

9 Week Summer Session
June 10 thru Aug 11, 2019

Highlights:

- Club Ice Sessions - Monday thru Friday
- On-Ice Clinics - Monday, Thursday, and Friday
- Off-Ice Clinics - Monday, Thursday, and Friday
- High (Preliminary FS* and above) Session - Monday and Friday 8:00am
- June Evening City Ice - Tuesday 5:15 - 7:15 pm (TBD in July/Aug)
- Sunday City Ice - 10:15am - 12:15pm
- Test Session - July TBD
- Flexible Contract With Discount Opportunities (Home Club and Associate Members)
- Walk-on Rates and Coupons Available

For contract pricing, all applications and payments are **due by June 17, 2019**. After June 17, contracts will be accepted, but walk-on rates apply. **Priority for contracts:** 1) Home Club 2) Associate Members. (Up to capacity)

- ▶ Home Club Membership or Associate Membership required to contract, renewal deadline - June 17, 2019.
- ▶ Guest coaches welcome with prior notification (pscoffice@pavilionfsc.com c/o Brian Sapola & Molly German); scan/email or bring current USFS compliance card.
- ▶ *High Session is Preliminary-Senior (or equivalent skill), pre-preliminary w/ scheduled lesson and Board's permission
- ▶ Contract discounts for exceeding 32 hours of ice time. See Summer Contract for Details
- ▶ Unlimited Contract Option Available: \$1000, See Contract For Details.
- ▶ Current USFS membership, PSC liability waiver, and Lindsay's Law forms required to skate on all sessions.
- ▶ 50% Deposit due with each contract. Final 50% payment is due on July 15
- ▶ If less than 12 skaters are contracted for a session; PSC reserves the right to cancel session, change levels.
- ▶ Hour walk-on is available up to rink capacity, must start at top of the hour.
- ▶ THERE WILL BE NO 30-MINUTE SESSIONS, no "half-and-half" sessions.
- ▶ Late Arrival: Contracted skaters arriving more than 10 minutes late lose priority, there will be NO "Make-up Minutes."
- ▶ Check, Visa and MasterCard accepted. A \$25.00 fee will be charged for returned checks.

Summer Session Rates

Session Type	Contract Rate	Walk-On Rate	Coupon Books Available
1 hr. PSC Ice Session	\$12.00*	\$15.00	Yes
1 hr. City Free Ice Session	N/A	\$10.00	Yes (Punch Card)
On-Ice 30 Minute Clinic	\$9.00	\$9.00	No
Off-Ice Clinics	\$11.00 / \$12.00	\$12.00	No

* Additional discounts may apply, refer to contract. Home club membership or associate membership required.

RETURN COMPLETED CONTRACT TO CLUB OFFICE OR MAIL TO:

Pavilion Skating Club of Cleveland Heights
1 Monticello Blvd.
Cleveland Heights, OH 44118



Summer 2019, Pavilion Skating Club



PSC On and Off-Ice Clinics

► ***On-Ice Power and Edge clinic with Molly German (Monday) , Sherry Marvin (Monday) and Chip Rossbach (Friday)*** **Monday, Friday**

The focus of this clinic will be on Power, Edge Quality, Continuous Flow, Steps and Turns. The coaches will be discussing and teaching skating exercises with emphasis on power, edge pressure, and lean, proper body alignment. The curriculum for this clinic has been thoughtfully designed by our team of coaches. Skaters are encouraged to sign up for as many consecutive sessions as possible. (Maximum of 20 participants)

Skater Level: Monday and Friday clinic open to skaters who have passed their preliminary Moves-in-the-Field test; Pre-preliminary skaters will be considered upon clinic coach approval.

► ***On-Ice Components clinic with Jaqueline Redenshek-Henry*** **Thursday**

The focus of this clinic will be on the skater's second mark which is comprised of 5 components – skating skills, transitions, performance/execution, choreography, interpretation. The goal of the clinic is to improve the overall quality of the performance. She will focus on strength, control, flexibility, line, balance, agility, rhythm, and overall body awareness.

Skater Level: Skaters meeting PSC open session criteria.

► ***Off-ice Ballet/Dance for Figure Skaters with Abi Besse*** **Monday**

Focusing on posture, body awareness, balance, and flexibility, skaters will work to train their body to maintain correct posture while moving isolated body parts. Ballet teaches the skater how to move the pelvis without losing balance or disconnecting the center in footwork sequences, including pirouette turns, jumps and leaps across the floor. The course will also provide instruction on connecting the skaters' body movements to music. Abi is a graduate of Light of the World Ballet, Syracuse, NY, and is a guest artist and instructor for City Ballet of Cleveland and Holmes Center for the Arts. Skaters are asked to wear hair up (bun preferred), ballet shoes or socks, and should avoid wearing baggy clothes for the course. (Maximum of 15 participants)

► ***Off-ice Conditioning with Jennifer Brand*** **Thursday**

The focus of this clinic is on building strength, improving agility and increasing flexibility to improve your skating skills while helping to reduce the risk of injury both on and off the ice. Skaters are asked to bring a yoga mat, tennis shoes, and a towel. May involve the use of equipment or weights. (Maximum of 15 participants)

► ***Off-ice Pilates/Therapeutic Stretch with Daria Classen*** **Friday**

Daria Classen, certified Yoga therapist and Pilates Instructor, will offer a one-hour class that will focus on strength and length. The first half of class will focus on strengthening the skater's core through a series of Mat Pilates exercises. The second half of class will be dedicated to deep stretching and relieving stress. The combination is the perfect way to end a week of hard training! Skaters are asked to bring a yoga mat and beach towel or blanket.

Name: _____

Summer 2019 Ice Contract

(Place X in box to identify selected contracted sessions)

MONDAY - NORTH	SESSION	6/10	6/17	6/24	7/1	7/8	7/15	7/22	7/29	8/5
8:00 - 9:00 am	High Club Ice (Preliminary-Senior)									
9:00 - 10:00 am	Open Club									
10:00 - 10:30 am	Power and Edge Clinic - (Preliminary Moves Min.)									
10:45 - 11:45 am	Open Club									
12:00 - 1:00 pm	Off-Ice Clinic - Ballet (Besse)									
11:45 - 12:45 pm	City Free (Open)	CF	CF	CF	CF	CF	CF	CF	CF	CF

TUESDAY - NORTH	SESSION	6/11	6/18	6/25	7/2	7/9	7/16	7/23	7/30	8/6
6:45 - 7:45 am	City Free (Open)	CF	CF	CF	CF	CF	CF	CF	CF	CF
8:00 - 9:00 am	Open Club									
9:00 - 10:00 am	Open Club									
10:15 - 11:15 pm	Open Club									
11:15 - 12:15 pm	City Free (Open)	CF	CF	CF	CF	CF	TBD	CF	TBD	CF
5:15 - 6:15 pm	City Free (Open)	CF	CF	CF	TBD	TBD	TBD	TBD	TBD	TBD
6:15 - 7:15 pm	City Free (Open)	CF	CF	CF	TBD	TBD	TBD	TBD	TBD	TBD

WEDNESDAY - NORTH	SESSION	6/12	6/19	6/26	7/3	7/10	7/17	7/24	7/31	8/7
8:00 - 9:00 am	Open Club									
9:00 - 10:00 am	Open Club									
10:15 - 11:15 am	Open Club									
11:15 - 12:15 pm	City Free (Open)	CF	CF	CF	CF	CF	TBD	CF	TBD	CF

THURSDAY - NORTH	SESSION	6/13	6/20	6/27	7/4	7/11	7/18	7/25	8/1	8/8
6:45 - 7:45 am	City Free (Open)	CF	CF	CF		CF	CF	CF	CF	CF
8:00 - 9:00 am	Open Club									
9:00 - 10:00 am	Open Club									
10:00 - 10:30 am	On-Ice Components Class (Henry)									
10:45 - 11:45 pm	Open Club									
12:00 - 1:00 pm	Off-Ice Clinic - Conditioning (Brand)									
11:45 - 12:45 pm	City Free (Open)	CF	CF	CF		CF	CF	CF	CF	CF

FRIDAY - NORTH	SESSION	6/14	6/21	6/28	7/5	7/12	7/19	7/26	8/2	8/9
6:45 - 7:45 am	City Free (Open)	CF	CF	CF		CF	CF	CF	CF	CF
8:00 - 9:00 am	High FS (Preliminary-Senior)									
9:00 - 10:00 am	Open Club									
10:00 - 10:30 am	Power and Edge Clinic - (Preliminary Moves Min.)									
10:45 - 11:45 am	Open Club									
12:00 - 1:00 pm	Off-Ice Clinic - Pilates (Classen)									

SUNDAY - NORTH	SESSION	6/16	6/23	6/30	7/7	7/14	7/21	7/28	8/4	8/11
10:15 - 11:15 am	City Free (Open)	CF	CF	CF		CF	CF	CF	TBD	TBD
11:15 - 12:15 am	City Free (Open)	CF	CF	CF		CF	CF	CF	TBD	TBD

Rate and Cost Calculation

Number of Sessions			Price	Total
Ice	Clinic			
			x \$12 ea.	
			x \$12 ea.	
			x \$9 ea.	
			x \$12 ea.	
			x \$11 ea.	

Number of Sessions			Price	Total
Ice	Clinic			
			x \$12 ea.	
			x \$12 ea.	
			x \$12 ea.	

Number of Sessions			Price	Total
Ice	Clinic			
			x \$12 ea.	
			x \$12 ea.	
			x \$12 ea.	

Number of Sessions			Price	Total
Ice	Clinic			
			x \$12 ea.	
			x \$12 ea.	
			x \$9 ea.	
			x \$12 ea.	
			x \$11 ea.	

Number of Sessions			Price	Total
Ice	Clinic			
			x \$12 ea.	
			x \$12 ea.	
			x \$9 ea.	
			x \$12 ea.	
			x \$11 ea.	

Subtotal: _____

Discount (if ≥32 sessions): Number of sessions (ICE ONLY) x \$12 x .075) = - _____

*****Unlimited Contract Option: (\$1000)

- Reserve up to 10 hours of ice per week plus clinics using the contract form.
- Walk-on to any session based on availability.
- Do not total individual sessions, proceed to second page.
- Arrive at least 10 minutes before session to maintain priority reservation.
- Additional discounts do not apply.

Contract Total, 50% Due w/ Contract: _____

Received by (initials): _____

Name: Summer 2019 Ice Contract

June 17	Contract Due	July 13-14	Mentor Sunshine Competition
June 17	2019-2020 Club / USFS Membership deadline, <u>required to skate on club ice</u>	July 15	Final Contract Payment Due
July 4-7	Rink Closed - 4th of July Holiday	August 11	Contract ends

CONTRACT NOTES:

- ▶ **Contracting Requirements:** Must be a current USFS member and PSC home club or associate member to contract. Priority Order: Contracted, Home Club, Associate Member, guest walk-on, up to rink capacity
- ▶ **Signing In:** All skaters must sign in with the monitor at the beginning of the session. For summer, see rink desk for sign-in sheet.
- ▶ **Ice Discounts:** 7.5% discount for 1 hr ice sessions will be applicable to all contracts which equals or exceed 3/2 full 1 hour ice sessions (average of 4 hours per week x 7 weeks)
- ▶ **Contract Pricing Deadline:** Summer contract pricing effective until June 17, 2019. Regular walk-on rates apply to all hourly ice sessions after June 17.
- ▶ **NO 30 minute walk-ons!** 1 hr ice sessions only. Splitting sessions ("half and half") is not allowed.
- ▶ **Refunds:** PSC maintains its policy not to prorate sessions. There will be no retroactive refunds. Contract rates are not retroactive and are only available with signed contract with deposit.
- ▶ **Make-up Sessions:** Contracted skaters may switch up to a total of 18 sessions. Make-up sessions may only be use for equal type and priced session.
- ▶ **Make-up Expiration:** Make-up sessions valid only for length of the contract; void after August 9.
- ▶ **Late Arrival:** Contracted skaters arriving more than 10 minutes late lose priority. Skater must leave ice at end of session.
- ▶ **Same Day Session Switch:** Same Day Session Switches available, with loss of priority. Does not count as make-up session.
- ▶ **Open Club-** Requires USFS Club level membership and passing Pre-Preliminary moves test, accompaniment by coach or prior authorization by PSC Pro-Chair or President.
- ▶ **High Club Ice:** Defined as USFS club skaters having Preliminary free test or above. Skaters below Preliminary must have a lesson with coach and have PSC Board permission.
- ▶ **Edge Class -** Requires passed Preliminary moves test.
- ▶ **Session Change:** If less than 12 skaters are contracted for a session, PSC reserves the right to cancel sessions, change levels or disciplines as needed.
- ▶ **Session Cancellation:** Occasionally circumstances require the cancellation of a session, a make-up session will generally be issued in such circumstances.
- ▶ **Liability Waiver:** Skating on all PSC Club sessions requires current USFS Membership, PSC Liability Waiver Form and Lindsay's Law Form, completed within each membership cycle.
- ▶ **Contacting PSC:** Email is PSC's typical form of communication. Please refer to our e-blasts for rink and ice updates. If you are not receiving our emails, please contact the club office.

Questions? Please contact psccluboffice@gmail.com

Please call the rink desk at 216-691-7434 if you need to cancel.

RETURN COMPLETED CONTRACT TO CLUB OFFICE OR MAIL TO:

Pavilion Skating Club of Cleveland Heights
1 Monticelo Blvd.
Cleveland Heights, OH 44118

I agree to abide by the Pavilion Skating Club Constitution and By-Laws which govern all Club activities. I recognize my financial liability for the full season, and, hereby agree to pay all balances due for all the ice time contracted and reserved in my name, or in the name(s) of members of my family, or in the names of those for whom I am named guardian. I understand that accounts not paid up-to-date may result in test, contract and/or competition privileges being revoked.

Refunds will not be issued for temporary illness or injury of less than 10 days, for which a skater is prohibited from skating by doctor's written excuse. Requests for refunds will only be considered as of the date the board receives written request .

Signed: _____

(Skater or Guardian if skater is under 18 years of age)

Print Name: _____

(Name of individual signing contract)

Phone Number: _____