

I ACKNOWLEDGE THAT ICE-SKATING IS A DANGEROUS ACTIVITY AND I AGREE THAT NORFOLK FROST INC, IT'S SERVANTS, OFFICERS, AND EMPLOYEES SHALL NOT BE LIABLE FOR ANY PERSONAL INJURY OR PROPERTY DAMAGE THAT I MAY RECEIVE OR CAUSE OTHERS TO RECEIVE, DIRECTLY OR INDIRECTLY RESULTING FROM MY PARTICIPATION AT NORFOLK ARENA.

I ALSO AGREE NOT TO HOLD NORFOLK FROST LIABLE FOR ANY ARTICLES LOST OR STOLEN WHILE I AM PARTICIPATING IN ANY ACTIVITIES AT NORFOLK FROST. I FURTHER UNDERSTAND THAT MY SAID AGREEMENT, RELEASE, AND DISCHARGE SHALL BIND MY HEIRS, LEGAL REPRESENTATIVES AND ASSIGNS, AND SHALL INSURE TO THE BENEFIT OF NORFOLK FROST SERVANTS, OFFICERS, AND EMPLOYEES, AND THEIR SUCCESSORS AND ASSIGNS.

I UNDERSTAND I WILL NOT RECEIVE A REFUND FOR ANY CIRCUMSTANCE INCLUDING WEATHER.

Please note we do not offer make up days or refund classes. A credit is the only form of "refund" given. This is for any reason-that includes illness.

PARENT SIGNATURE:

Your child's first day of skating

We're going to let you in on a little secret. The first time your child skates—he or she will fall. All skaters fall. The best part, your child will get right back up. Anything's possible when your child skates for the first time. So prepare yourself and your child for the expected and unexpected. You'll know how to plan ahead. You'll relax more. And you'll have more fun knowing you're comfortable and safe.

Be on time-Arrive a good 30 minutes before class kicks off to check in at the registration desk and lace up your skates. *40 mins if renting skates*

Bring lots of layers-Comfort and moving freely about are essential for new skaters. Choose sweatpants or warm-up pants instead of bulkier snowpants. Bring a jacket too, since indoor rinks do set thermostats at a brisk 50°F.

Socks. Thin over thick-Bulkier, thicker socks limit support and create unwanted bumps inside your boots. Go with lightweight socks or thinner tights.

Keep their hands warm.

Since kids are taught to fall on day one, gloves or mittens are imperative to prevent hands from getting all scraped up.

Protect your head. Wearing helmets for all beginning skaters is required.



**NORFOLK FROST
INC.**

LEARN TO SKATE

**LEARN TO PLAY
HOCKEY**

TINY TOTS

www.NorfolkArena.com

**Skating Director
Jessica Martley**

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LEARN TO SKATE:

AGES: 3 TO ADULT

12:1 RATIO

Teach children and adults the fundamentals of ice skating while building confidence and skills through each lesson.

Provide a progressive curriculum that ensures success from the first steps on the ice to the mastery of advanced skills. Promote the health and fitness benefits of ice skating. Equip each participant with the foundation necessary to reach their goal, be it recreational or competitive in nature.

Each week consist of a 25 minute lesson and 25 minutes of practice time.

SAT @ 12pm, SUN @ 4pm & TUES @ 5pm

TINY TOTS:

AGES: 2 to 7

6:1 Ratio *If skaters are all the same level, class ratio may be higher*

25 minute lesson and then a parent is welcome on the ice with their child to practice

TUESDAYS 9:30am & 10am

FRIDAYS 1pm & 1:30pm

LEARN TO PLAY HOCKEY:

ALL AGES

Must be able to skate well forward and backwards, have 1 ft glides and forward curves.

Full Equipment is required.

40 minute lesson with 10 minutes of practice time

TUESDAYS @ 5 PM



SESSION DATES

PLEASE CIRCLE SESSION AND DATES YOU ARE SIGNING UP FOR

SESSION 1: 7 WEEKS

SATURDAY: SEPT 10th to OCT 22nd

SUNDAY: SEPT 11th to OCT 23rd

TUESDAY: SEPT 13th to OCT 25th

FRIDAY: SEPT 16th to OCT 28th

SESSION 2: 8 WEEKS

SATURDAY: OCT 29th to DEC 17th

SUNDAY: OCT 30th to DEC 18th

TUESDAY: NOV 1st to DEC 20th

FRIDAY: NOV 4th to DEC 23rd *7 WEEKS*

NO CLASS NOV 25th

SESSION 3: 7 WEEKS

TUESDAY: JAN 3rd to FEB 14th

FRIDAY: JAN 6th to FEB 17th

SATURDAY: JAN 7th to FEB 18th

SUNDAY: JAN 8th to FEB 19th

SESSION 4: 8 WEEKS

NO CLASSES Apr 15th, 16th, 18th & 21st

TUESDAY: FEB 28th to APR 25th

FRIDAY: MAR 3rd to APR 28th

SATURDAY: MAR 4th to APR 29th

SUNDAY: MAR 5th to APR 30th

SESSION 5

TUESDAY: MAY 2nd to JUN 20th *8 WEEKS*

SUNDAY: MAY 6th to JUN 25th

7 Weeks NO CLASS MAY 28th

SUMMER LEARN TO SKATE: 7 WEEKS

SUNDAY: JULY 9th to AUG 20th

TUESDAY: JULY 11th to AUG 22nd

7 WEEK SESSIONS \$120

8 WEEK SESSIONS \$ 135

1.Name: _____

DOB: ___/___/___

Skating Experience _____

2.Name: _____

\$20 OFF

DOB: ___/___/___

Skating Experience _____

3.Name: _____

\$20 OFF

DOB: ___/___/___

Skating Experience _____

Address _____

Town _____ Zip _____

Cell # _____

Email _____

How did you hear about us?

MAKE CHECKS PAYABLE TO NORFOLK FROST

***THERE IS AN ANNUAL \$15 REGISTRATION FEE*
(YEAR RUNS SEPT-AUG)***

CHECK _____ CHARGE _____
ONLINE _____ AMT \$ _____