

Cardio Skate

Season 7 - (2011 -2012)



CardioSkate™ offers a 50 minute workout that will elevate your heart rate and tone muscle through interval training on the ice. Participant must know how to skate forward, stop and feel comfortable on the ice. Gloves are required for all skaters and light dumbbells (3-5lbs.) are optional. Members of the Elm City Skating Club meet for group lessons every Saturday at the Ralph E. Walker Ice Rink located at 1080 State St. in New Haven.

We are offering 3 sessions this season. Skate rentals and registration fees are included. Sorry, no make-ups for missed classes. All sessions must be paid in full before skater takes the ice.

Session 1 - Seven Wks.

Saturday

Group F: \$70
Nov. 5 - Dec. 17

Session 2 - Seven Wks.

Saturday

Group F: \$70
Dec. 31 - Feb. 11

Session 3 - Seven Wks.

Saturday

Group F: \$70
Feb. 18 - March 31

PURCHASE ALL
21 WEEKS **\$40**
AND SAVE

This offer cannot be combined with other discounts.
To receive the discount, payment must be made in full before the start of the first class

Registration Throughout The Season At Walker Ice Rink

1080 State Street, New Haven

(Do Not Mail Registration to Rink)

For more information about our group lessons please contact Linda at 860-304-2477.

Or Visit our web site at www.ElmCitySkatingClub.com to learn more about our programs & to download forms.



ISI Reg.Date _____ Membership Exp. _____

2011 - 2012 Skating Programs At Ralph E. Walker Ice Rink

WeSkate® / CardioSkate / Lil' Elm Skating Club

Program Name _____ Day _____ Time _____

Skater 1 _____ Date Of Birth ____/____/____ Age _____ Session _____ Group _____
(Last) (First)

Skater 2 _____ Date Of Birth ____/____/____ Age _____ Session _____ Group _____
(Last) (First)

Skater 3 _____ Date Of Birth ____/____/____ Age _____ Session _____ Group _____
(Last) (First)

Address _____ City _____ Zip _____

Phone(H) _____ Parent's Cell _____

E-mail _____

Check Payable to
Rink Management Solutions LLC

TOTAL PRICE Cash _____ Amount\$ _____ Amount\$ _____

\$ _____ Check _____ Check No. _____ Check No. _____

The Ralph E. Walker Ice Rink RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT PARTICIPANT PLEASE READ BEFORE SIGNING

In consideration of being allowed to participate in any way in any and all activities, leagues, clinics, events, skating programs at The Ralph E. Walker Ice Rink,

Participant, acknowledges and agree that:

1. The risk of injury for the activities involved in this program is significant, including the potential for permanent paralysis, disability and death, and while particular rules, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist; and,
2. PARTICIPANT KNOWINGLY AND FREELY ASSUMES ALL SUCH RISKS, being both know and unknown of my participation in the Program EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and
3. PARTICIPANT willingly agrees to comply with the stated and customary terms and conditions for participation in the Program, if however, PARTICIPANT observe any unusual significant hazard during my presence of participation, PARTICIPANT will remove myself from participation and bring such to the attention of the nearest official immediately, and,
4. PARTICIPANT, for myself and on the behalf of my heirs, assigns, personal representatives, next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE RALPH E. WALKER ICE RINK, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, The City Of New Haven and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WEATHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. Arbitration: In further consideration of allowing me to participate in the aforementioned Program, PARTICIPANT hereby agrees to binding arbitration any and all claims which PARTICIPANT believes PARTICIPANT may have against The Ralph E. Walker Ice Rink arising from my activities at The Ralph E. Walker Ice Rink. The arbitration shall be pursuant to the rules of the American Arbitration Association. The arbitration shall apply the Federal Rules of Evidence to all proceedings.
6. I hereby grant The Ralph E. Walker Ice Rink the right to use photographs, video images and/or other media of participant for publicity, advertising and/or other commercial purposes. Arbitrations shall be commenced within one (1) year from the date on which the alleged claim first arose. Furthermore, the arbitration shall be held in New Haven, Connecticut unless other wise mutually agreed to by all parties. The submission to American Arbitrations Association shall be unlimited and the arbitration award may be enforced by and court of competent jurisdiction.

PARTICIPANT HAS READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTANDS ITS TERMS, UNDERSTANDS THAT PARTICIPANT HAS GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGNS IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT,

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION) This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the releases, and, for myself, my heirs, assigns, and next of kin. I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____

Date Signed _____

Parent/Guardian or Participant Signature