

# NSFSC Summer Skate '19

June 24, 2019 - August 23, 2019

Non-home club members and guest skaters welcome!

## Summer Ice Contract Submit this form May 15 - June 1

**\*\*\*North Star FSC will be closed June 28 – July 7\*\*\*  
Walk-on Ice may be available July 1 and 2**

### IMPORTANT:

- Coach's signature required as verification of levels/sessions.
- NSFSC is not responsible for incorrect forms.
- Elite training discount listed on last page of the contract.
- 4 Skater minimum needed to hold all classes including small group training.
- On and off ice class descriptions and instructors to follow at a later date.
- Each session is \$1 more after June 1.

### Rink C Office Hours

Monday:	8:45 am - 6:00 pm
Tuesday:	7:30 am - 4:00 pm
Wednesday:	8:45 am - 7:00 pm
Thursday:	7:30 am - 4:00 pm
Friday:	7:30 am - 12:00 pm

15 Bridle Lane Westborough, MA 01581  
(508)366-1562

[www.northstarfsc.com](http://www.northstarfsc.com)

## NSFSC SUMMER SKATE 2019

CODE	REQUIREMENT(S)
<b>A</b>	Passed JUVENILE FS
<b>B</b>	Passed Pre-Preliminary FS AND compete Pre-Preliminary WB &/or Pre-Juvenile Excel
<b>B*</b>	Skaters MUST have passed Preliminary Moves in the Field and Freeskate 6
<b>C</b>	BRONZE/SILVER/GOLD ANY SKATER who has not passed preliminary moves and Freeskate 6
<b>S</b>	Session is open to members who have a star ice membership.
#	1-2 HOCKEY Skills Skaters allowed (lesson only) during most sessions. However, sessions coded (#) may have more than 1-2 HOCKEY Skills Skaters (lesson only) on ice.
***	Group Classes may be held on these sessions
+	<b>All skaters</b> must contract minimum 4 sessions per week (does NOT include moves or boot camp)
!	One day a week skater (B5-FS6) allowed
<b>MOVES</b>	MOVES: LEVELS Passed Preliminary & up unless otherwise noted (Lower Level may be allowed at discretion of Skating Director)
	<b>GROUP CLASS REQUIREMENTS</b>
<b>LEVELS</b>	LEVELS OF GROUP CLASSES (INCLUDES <u>BOOT CAMP</u> LEVELS)
<b>BRONZE</b>	BASIC 3, 4, 5
<b>SILVER</b>	BASIC 5, 6, PRE FREESKATE, FS 1
<b>GOLD</b>	FREESTYLE 1 - 6
<b>PLATINUM</b>	FREESTYLE 1-6 and passed pre-preliminary moves
<b>SMALL GROUP TRAINING</b>	ALL LEVELS (SGT)

***On and off ice class descriptions and instructors to follow at a later date. 4 skater minimum needed to hold all classes including small group training.***

**NSFSC SUMMER 2019 (June 24 - August 23)**

**Skater's Name:** \_\_\_\_\_ **Level:** A B B\* C S  
**Each Session \$1 more after June 1 to contract. Walk on price \$3 more than listed price.**

Monday & Wednesday Ice Schedule		Monday (circle)	Wednesday (circle)	Cost		#	Total
9:40 - 10:00	Moves***	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$7	x	=	\$
10:00 - 10:50	Freestyle HOME CLUB A B	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$16	x	=	\$
11:00 - 11:50	Freestyle A B B*	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$16	x	=	\$
11:30 - 12:20	Open Rink C C S***	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$16	x	=	\$
12:00 - 12:50	Open A B B*	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$16	x	=	\$
12:50 - 1:40	Small Group Training A B B*	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$25	x	=	\$
1:15 - 1:40	Small Group Training C	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$12	x	=	\$
"C" Skater Package	1:15-1:40 SGT 1:50-2:40 Off Ice 2:50-3:40 Open	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$35 *15% Discount	x	=	\$
1:50 - 2:40	Freestyle A B B* S	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$16	x	=	\$
2:50 - 3:40	Open A B B* C***	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$16	x	=	\$
3:50 - 4:40	Freestyle A B B* C	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$16	x	=	\$
4:40 - 5:00	Boot Camp	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$10	x	=	\$
4:40 - 5:00	Moves Rink C	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$7	x	=	\$
5:00 - 6:00	Open Rink C A B B* C	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$17	x	=	\$

**Monday & Wednesday total ice: \$** \_\_\_\_\_

**NSFSC SUMMER 2019 (June 24 - August 23)**

**Skater's Name: \_\_\_\_\_ Level: A B B\* C S**  
**Each Session \$1 more after June 1 to contract. Walk on price \$3 more than listed price.**

Tuesday & Thursday Ice Schedule		Tuesday (circle)				Thursday (circle)				Cost		#		Total
8:00 - 8:45	Open A B B* C S	6/25	7/9	7/16	7/23	6/27	7/11	7/18	\$15	x		=	\$	
		7/30	8/6	8/13	8/20	7/25	8/1	8/8						8/22
8:45 - 9:30	Open A B B* C ***	6/25	7/9	7/16	7/23	6/27	7/11	7/18	\$15	x		=	\$	
		7/30	8/6	8/13	8/20	7/25	8/1	8/8						8/22
9:40 - 10:00	Moves***	6/25	7/9	7/16	7/23	6/27	7/11	7/18	\$7	x		=	\$	
		7/30	8/6	8/13	8/20	7/25	8/1	8/8						8/22
9:40 - 10:00	Boot Camp C	6/25	7/9	7/16	7/23	6/27	7/11	7/18	\$10	x		=	\$	
		7/30	8/6	8/13	8/20	7/25	8/1	8/8						8/22
10:00 - 10:50	Freestyle HOME CLUB A B	6/25	7/9	7/16	7/23	6/27	7/11	7/18	\$16	x		=	\$	
		7/30	8/6	8/13	8/20	7/25	8/1	8/8						8/22
11:00 - 11:50	Freestyle A B B*	6/25	7/9	7/16	7/23	6/27	7/11	7/18	\$16	x		=	\$	
		7/30	8/6	8/13	8/20	7/25	8/1	8/8						8/22
11:30 - 12:20	Open Rink C C S ***	6/25	7/9	7/16	7/23	6/27	7/11	7/18	\$16	x		=	\$	
		7/30	8/6	8/13	8/20	7/25	8/1	8/8						8/22
12:00 - 12:50	Open A B B*	6/25	7/9	7/16	7/23	6/27	7/11	7/18	\$16	x		=	\$	
		7/30	8/6	8/13	8/20	7/25	8/1	8/8						8/22
12:50 - 1:40	Small Group Training A B B*	6/25	7/9	7/16	7/23	6/27	7/11	7/18	\$25	x		=	\$	
		7/30	8/6	8/13	8/20	7/25	8/1	8/8						8/22
1:15 - 1:40	Small Group Training C	6/25	7/9	7/16	7/23	6/27	7/11	7/18	\$12	x		=	\$	
		7/30	8/6	8/13	8/20	7/25	8/1	8/8						8/22
"C" Skater Package	1:15-1:40 SGT 1:50-2:40 Off Ice 2:50-3:40 Open	6/25	7/9	7/16	7/23	6/27	7/11	7/18	\$35 *15% Discount	x		=	\$	
		7/30	8/6	8/13	8/20	7/25	8/1	8/8						8/22
1:50 - 2:40	Freestyle A B B* S	6/25	7/9	7/16	7/23	6/27	7/11	7/18	\$16	x		=	\$	
		7/30	8/6	8/13	8/20	7/25	8/1	8/8						8/22
2:50 - 3:50	Open A B B* C	6/25	7/9	7/16	7/23	6/27	7/11	7/18	\$17	x		=	\$	
		7/30	8/6	8/13	8/20	7/25	8/1	8/8						8/22

**Tuesday & Thursday total ice: \$ \_\_\_\_\_**

Friday Ice Schedule		Friday (circle)				Session price		#		Total
8:00 - 8:45	Open A B B* C S	7/12	8/2	8/9	8/23	\$15	x		=	\$
8:45 - 9:30	Open A B B* C	7/12	8/2	8/9	8/23	\$15	x		=	\$
9:40 - 10:40	Open A B B* C	7/12	8/2	8/9	8/23	\$17	x		=	\$
10:40 - 11:40	Open A B B* C	7/12	8/2	8/9	8/23	\$17	x		=	\$

**Friday total ice: \$ \_\_\_\_\_**

**NSFSC SUMMER 2019 (June 24 - August 23)**

Skater's Name: \_\_\_\_\_ Level: **A B B\* C S**  
 Each Session \$1 more after June 1 to contract. Walk on price \$3 more than listed price.

Monday & Wednesday Off – Ice Schedule		Monday (circle)	Wednesday (circle)	Cost	#	Total
8:45-9:30	AB	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$13	x	= \$
10:00-10:50	B* C	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$13	x	= \$
1:50-2:40	A B B* C	6/24 7/8 7/15 7/22 7/29 8/5 8/12 8/19	6/26 7/10 7/17 7/24 7/31 8/7 8/14 8/21	\$13	x	= \$

Tuesday & Thursday Off – Ice Schedule		Tuesday (circle)	Thursday (circle)	Cost	#	Total
10:10-11:00	B* C	6/25 7/9 7/16 7/23 7/30 8/6 8/13 8/20	6/27 7/11 7/18 7/25 8/1 8/8 8/22	\$13	x	= \$
1:50-2:40	A B B* C	6/25 7/9 7/16 7/23 7/30 8/6 8/13 8/20	6/27 7/11 7/18 7/25 8/1 8/8 8/22	\$13	x	= \$
1:50-2:35	Peak Fitness Ages 13-18 A B B*	6/25 7/9 7/16 7/23 7/30 8/6 8/13 8/20	6/27 7/11 7/18 7/25 8/1 8/8 8/22	\$22	x	= \$
2:50-3:35	Peak Fitness Ages 9-13 A B B*	6/25 7/9 7/16 7/23 7/30 8/6 8/13 8/20	6/27 7/11 7/18 7/25 8/1 8/8 8/22	\$22	x	= \$

\*Must contact a minimum of 4 Peak classes on the same week day

**Off-ice total: \$ \_\_\_\_\_**

Name: \_\_\_\_\_

Level: **A B B\* C S**

Email address: \_\_\_\_\_

Coach's signature: \_\_\_\_\_

M & W Total: \$ \_\_\_\_\_ T & Th Total: \$ \_\_\_\_\_

Fri. Total: \$ \_\_\_\_\_ Off-Ice Total: \$ \_\_\_\_\_

Total Contracted \$: \_\_\_\_\_

Discount (if applicable) \$: \_\_\_\_\_

Total Owed \$: \_\_\_\_\_

Less 50% deposit (due with this form): \_\_\_\_\_

Credit/Cash/check #: \_\_\_\_\_

Balance due 1<sup>st</sup> day of Summer Skate \$: \_\_\_\_\_

**Forms will be accepted May 15 – June 1.  
Add \$1 to each session after June 1.**

*Package will not be accepted without active USFS Membership,  
sianed Release of Liabilitv. and coach's sianature.*

**Elite training discount**

**10% Discount applicable if:**

- Contract totals \$995 or more
- Contracting 10+ off-ice classes
- Contracting 10+ Small Group Training classes

\*Must fulfill all requirements to receive discount

**\*\*\* KEEP THIS FOR YOUR RECORDS \*\*\***

<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
	<b>8:00-8:45</b> Open A B B* C S		<b>8:00-8:45</b> Open A B B* C S	<b>8:00-8:45</b> Open A B B* C S
	<b>8:45 – 9:30</b> Open A B B* C ***		<b>8:45 – 9:30</b> Open A B B* C ***	<b>8:45 – 9:30</b> Open A B B* C
<b>9:40 – 10:00</b> Moves***	<b>9:40 – 10:00</b> Moves***	<b>9:40 – 10:00</b> Moves***	<b>9:40 – 10:00</b> Moves***	
	<b>9:40 – 10:00</b> Boot Camp C		<b>9:40 – 10:00</b> Boot Camp C	<b>9:40-10:40</b> Open A B B* C
<b>10 – 10:50</b> Freestyle HOME CLUB A B	<b>10 – 10:50</b> Freestyle HOME CLUB A B	<b>10 – 10:50</b> Freestyle HOME CLUB A B	<b>10 – 10:50</b> Freestyle HOME CLUB A B	<b>10:40-11:40</b> Open A B B* C
11-11:50 Freestyle A B B*	<b>11-11:50</b> Freestyle A B B*	<b>11-11:50</b> Freestyle A B B*	<b>11-11:50</b> Freestyle A B B*	
<b>11:30-12:20</b> Open <u>Rink C</u> C S ***	<b>11:30-12:20</b> Open <u>Rink C</u> C S ***	<b>11:30-12:20</b> Open <u>Rink C</u> C S ***	<b>11:30-12:20</b> Open <u>Rink C</u> C S ***	
<b>12:00 – 12:50</b> Open A B B*	<b>12:00 – 12:50</b> Open A B B*	<b>12:00 – 12:50</b> Open A B B*	<b>12:00 – 12:50</b> Open A B B*	
<b>12:50-1:40</b> Small Group Training A B B*	<b>12:50-1:40</b> Small Group Training A B B*	<b>12:50-1:40</b> Small Group Training A B B*	<b>12:50-1:40</b> Small Group Training A B B*	
<b>1:15-1:40</b> Small Group Training C	<b>1:15-1:40</b> Small Group Training C	<b>1:15-1:40</b> Small Group Training C	<b>1:15-1:40</b> Small Group Training C	
<b>1:50-2:40</b> Freestyle A B S B*	<b>1:50-2:40</b> Freestyle A B S B*	<b>1:50-2:40</b> Freestyle A B S B*	<b>1:50-2:40</b> Freestyle A B S B*	
<b>2:50-3:40</b> Open A B B* C ***	<b>2:50-3:50</b> Open A B B* C	<b>2:50-3:40</b> Open A B B* C ***	<b>2:50-3:50</b> Open A B B* C	
<b>“C” Skater Package</b> 1:15-1:40 SGT 1:50-2:40 Off Ice 2:50-3:40 Open	<b>“C” Skater Package</b> 1:15-1:40 SGT 1:50-2:40 Off Ice 2:50-3:40 Open	<b>“C” Skater Package</b> 1:15-1:40 SGT 1:50-2:40 Off Ice 2:50-3:40 Open	<b>“C” Skater Package</b> 1:15-1:40 SGT 1:50-2:40 Off Ice 2:50-3:40 Open	
<b>3:50-4:40</b> Freestyle A B B* C		<b>3:50-4:40</b> Freestyle A B B* C		
<b>4:40 – 5:00</b> Boot Camp		<b>4:40 – 5:00</b> Boot Camp		
<b>4:40 – 5:00</b> Moves <u>Rink C</u>		<b>4:40 – 5:00</b> Moves <u>Rink C</u>		
<b>5:00- 6:00</b> Open <u>Rink C</u> A B B* C		<b>5:00- 6:00</b> Open <u>Rink C</u> A B B* C		

Monday	Tuesday	Wednesday	Thursday
8:45-9:30 AB Off Ice		8:45-9:30 AB Off Ice	
10:00-10:50 B* C Off Ice	10:10-11:00 B* C Off Ice	10:00-10:50 B* C Off Ice	10:10-11:00 B* C Off Ice
1:50-2:40 A B B* C Off Ice	1:50-2:40 A B B* C Off Ice	1:50-2:40 A B B* C Off Ice	1:50-2:40 A B B* C Off Ice
	1:50-2:35 <b>Peak Fitness</b> Ages 13-18 A B B*		1:50-2:35 <b>Peak Fitness</b> Ages 13-18 A B B*
	2:50-3:35 <b>Peak Fitness</b> Ages 9-13 A B B*		2:50-3:35 <b>Peak Fitness</b> Ages 9-13 A B B*