

North Star FSC

WINTER SEASON: December 2, 2019 - April 23, 2020

Skaters name: _____

Level (circle): A B B* C

*See following page for off ice and SGT

MONDAY RINK B	TUESDAY RINK B Unless otherwise noted	WEDNESDAY		THURSDAY RINK B Unless otherwise noted	SATURDAY		SUNDAY RINK C
		RINK B	RINK C		RINK B	RINK C	
2:50-3:40 OPEN A B B* C TNS \$320.00	2:50-3:40 OPEN A B B* C TNS \$304.00	2:50-3:40 OPEN A B B* C TNS \$304.00		2:50-3:40 OPEN A B B* C TNS \$336.00	8:00-9:00 SGT 8:00-8:50 2 SGT Classes 8:50-9:00 Power A B B* \$551.00	8:30-9:20 ^ OPEN TNS C B* B A \$304.00	
3:50-5:00 OPEN A B B* C TNS \$400.00	3:50 - 4:50 ^ OPEN + A B B* C TNS \$342.00	3:50-5:00 OPEN A B B* TNS \$380.00	4:40-5:20 OPEN ^ B* C TNS \$266.00	3:50 - 4:50 ^ OPEN + A B B* C TNS \$378.00	9:10 - 10:00 OPEN + A B B* \$304.00	9:30-10:30 ^ OPEN C B* TNS \$342.00	9:20 - 10:30 ^ OPEN C B* TNS \$360.00
	4:40-5:00 ^ RINK C MOVES \$133.00	5:10-6:10 SGT ^ 5:10 - 6:00 2 SGT Classes 6:00-6:10 Power A B B* \$551.00	5:20-6:10 ^ C B* TNS \$304.00	4:40-5:00 ^ RINK C MOVES \$147.00		10:40 - 11:30 LTS	10:40 - 11:30 LTS
5:10 - 6:00 OPEN A B B* C TNS \$320.00	5:00 - 6:10 OPEN A B B* C TNS \$380.00		6:20 - 7:10 LTS	5:00 - 6:10 OPEN A B B* C TNS \$420.00		11:40 - 12:50 OPEN TNS C B B* A \$380.00	11:40 - 12:50 OPEN A B B* C TNS \$360.00
	5:00-5:35 HALF SESSION Only allowed for skaters doing 5:50 peak \$190.00						

LEVEL REQUIREMENTS

A	Passed JUVENILE FS	TNS	Team North Star (see separate page for bronze, silver, gold, platinum contract)
B	Passed Pre-Preliminary FS AND compete Pre-Preliminary WB &/or Pre-Juvenile Excel	^	Group classes taught on these sessions
B*	Skaters MUST have passed Preliminary Moves in the Field and Freeskiate 6	+	Must contract three 50-minute sessions per week
C	Skaters who have not passed preliminary moves and Freeskiate 6	Bronze/Silver Accelerated LTS may be offered Saturday and/or Sunday 11:40-12:30 starting November LTS.	
SGT	Small Group Training (no switches for makeup classes)		

Off Ice

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
6:10-6:50 Yoga Ann \$260.00	5:00-5:40 13-18 years Peak SMALL GROUP \$418.00	6:20-7:00 Dynamic Strength Barbara \$247.00	6:20-7:00 Ballet Amy \$273.00	10:40-11:20 Dynamic Strength Barbara \$247.00	10:40-11:20 Dynamic Strength Barbara \$234.00
	5:50 – 6:30 9-13 years Peak Regular Off Ice \$247.00				

Total off ice contracted: \$ _____

SMALL GROUP TRAINING (SGT)

Wednesdays 5:10-6:10	2- 25 minute Small Group Training Classes taught by two SGT instructors (Denise, Danielle, Barbara, Lisa) followed by 10 minutes of power 5:10-6:00 SGT 6:00-6:10 Power	
Saturdays 8:00-9:00	2- 25 minute Small Group Training Classes taught by two SGT instructors (Denise, Danielle, Barbara, Lisa) followed by 10 minutes of power 8:00-8:50 SGT 8:50-9:00 Power	

Include total SGT on Front Page

Name: _____	Level: A B B* C	Total contracted: _____
Preferred email: _____		5% Elite Training discount (if applicable): _____
Coach(es): _____		Please add \$25 if submitted after 11/25: _____
Coach signature: _____		3% Credit card fee (if applicable): _____
Date received: _____		25% Deposit due with contract: _____
25% due December 15, January 15 and February 15.		