



Saratoga Springs Recreation Department

Early Bird Registrations:  
Fall: Aug 22-Oct 11  
Winter: Aug 22-Dec 27  
Register Early and Save!

# Intro to Ice Skating Fall 2016/Winter 2017

Register at 15 Vanderbilt Avenue, Saratoga Springs  
Mon-Fri 9am-7pm Sat 12-4pm

“A strong foundation can produce a lifetime of pleasure on the ice”

Early Bird Fees for Single Session: C \$50 N \$70

Single Session Fees after Oct 11 or Dec 27: C \$75 N \$95

Early Bird Fees for Both Sessions: C \$100 N \$140

Fees for Both Sessions after Oct 11: C \$125 N \$165



<b>Ages:</b>	<b>3 and up (Adults Included)</b>	<b>Location:</b>	<b>Ice Rinks (Weibel and Vernon)</b>
<b>Fall Dates:</b>	<b>Oct 25-Dec 17</b>		
<b>Winter Dates:</b>	<b>Jan 3-Feb 25</b>		
<b>Day/Time (Choose One):</b>	<b>Tues 10-11am/5-6pm Sat 1-2/2-3pm</b>	<b>Coordinator:</b>	<b>Jill Ramos USFS Quad Gold Over 15 years experience</b>

This program is designed to introduce skaters to the exciting world of ice skating and to build upon skills already learned. Our instructors have many years of experience teaching and will emphasize fun and safety while providing proper technique in the basics of ice skating.

Classes are grouped by age and ability, and will consist of 1/2 hour instruction and 1/2 hour practice.

**Register early to secure a spot!**

**Attention all Skaters: Family Skate, Open Public, Open Stick, Open Adult Hockey, Open Adult Hockey 50+ & Open Figure sessions also available!**

- A responsible adult must accompany 3-6 yr olds on the ice and be available to assist instructors
- Bike, Ski or Hockey helmets are mandatory for all children, whether they are on the ice participating or watching from a stroller
- Use Single Blade Skates ONLY
- Rental skates are available for \$4 per class or \$25 per session
- Please dress accordingly with outdoor winter clothing (snow pants, jacket, mittens)



Join our mailing list!

Saratoga Springs Recreation Department  
15 Vanderbilt Ave Saratoga Springs, NY 12866  
518-587-3550 ext 2300 recreservations@saratoga-springs.org  
Find Schedule, Information and Forms at: [SaratogaRec.com](http://SaratogaRec.com)





# Introduction to Ice Skating Program Information

## Goals

- Be safe
- Have fun
- Learn to skate
- Advance ice skating skills

## Permission Agreement form must be filled out for:

- Participant(s)
- Adult(s) who will be on ice
- Other family members who might be on ice

## Skates

- Single Blade ONLY
- Figure, Hockey or Hybrid acceptable
- Figure has flatter blade, better for those just starting out
- Size should be same as shoe size or size smaller
- Should have good ankle support
- Blades should be free of rust

## Helmet Requirements (Bike, Ski, Riding or Hockey)

- Participant(s)
- Other children who will be on ice
- Helmet must fit snugly

## Equipment List

- Skates (Unless renting)
- Helmet
- Mittens or gloves
- Outdoor winter wear (snowpants, jacket)
- Small cloth rag or towel (to wipe down skates)

## Communication

- Interaction with your (your child's) instructor
- Announcements made at the beginning of each session
- Handouts placed on tables
- Signs posted on rink doors
- Emails/Website updates

## Parental Helps

- Arrive at the rink early enough to be ready to step on the ice when the session starts (For most families this is 15-20 minutes ahead)
- Participate with your child during instruction time as needed
- Encourage safe behavior from your child at all times
- Watch for periodic posted information signs and emails

# Introduction to Ice Skating Addt Program FAQs

## Additional Program Information

**How should adults dress for comfort?** You will be on the ice with your child. Keep in mind you will be hanging out in a freezer. Dress warmly. If you do not wear skates, wear warm shoes or boots and socks. *Shoe/boot bottoms must be dirt free before stepping on the ice!*

**Where do I find “boys” figure skates locally?** Color is the only difference between boys and girls figure skates. Local stores generally don’t stock black figure skates. Boot covers can be purchased in many colors for boys sensitive to wearing white skates.

**What is meant by “sharp” blades?** This is a tough one to describe. It is not enough that the sides of the blade where they touch the ice are sharp. Blades must have a concave groove (a hollow) to provide edges that will grip the ice. (If the bottom of the blade is flat without this groove, they have not been sharpened and are dangerous to wear on the ice.) Inside and outside edges must also be evenly sharpened.

**What else do I need to know about blades?** Blades should be dried after each use to prevent rusting. Add a rag to the bag you bring to the rink for this purpose. Please note that in our humid climate drying blades after each use may not be enough to prevent rusting while storing skates between sessions and over the summer. (See information below about soakers.) Rust must be removed from blades for both safe and productive skating. (Imagine trying to travel across ice on rust.) The best way to remove rust is by sharpening.

**What are “skate guards?”** Skate guards are plastic blade covers used to protect blades while walking on non-padded and non-ice surfaces. In most cases they are not necessary at the Introduction to Ice Skating level. Blades will rust if these guards are left on skates.

**What are “soakers?”** Soakers are cloth covers for blades. They absorb moisture when skates are not being worn. In this humid climate they are very useful in preventing blades from rusting.

**What if I have additional questions?** Please feel free to approach your (your child's) instructor with any additional questions. We are all dedicated to making your (your child's) experience as positive and productive as possible and are more than happy to guide you appropriately through your (your child's) skating experience.



# Rec Card

The **REC CARD** is a yearly agreement that allows participation in Saratoga Springs Recreation Department programs. Regardless of your residency, if you are registering for a program or participating in one of our daily programs, the **Rec Card** can benefit you!

## Why get a Rec Card?

- 1) Program discounts for City and School district residents. Without a **REC CARD** or proof of residency at the time of registering or paying for a program you will be charged the highest rate.
- 2) Simpler registration and less paperwork for you. The **REC CARD** is good for one year and serves as your permission agreement for any recreation program. Simply include your **REC CARD** number on the registration form or show your **REC CARD** at the time of registration. This eliminates the necessity of completing permission agreement forms for every program you register for or are participating in.
- 3) Free Open Gym. **REC CARD** holders can participate in Free open gym. Non **REC CARD** holders must complete additional paperwork.

*All individuals who want to participate in Recreation Department programs, regardless of residency, should apply for a **REC CARD**.*

## How do I get a Rec Card?

Bring your proof of residency, such as City or School tax bill, sewer/water bill, lease agreement, or any document with your section/block/lot number included on it, to the Recreation Center, 15 Vanderbilt Ave. Complete the **REC CARD** application at the front desk. Your picture will be taken and you will be given your new **REC CARD**. All individuals on the application will need to have a picture taken.

*If you live outside the School District, proof of residency is not needed but you should still obtain a **REC CARD** to participate in programming so you do not need to complete the additional paperwork each time you participate.*

## Where to use your Rec Card?

- 1) **Programs**- When registering for a program (soccer, basketball, clinics) include your **Rec Card #** or show your card at the time of registration. You will not be required to complete the permission agreement forms and you will receive the appropriate discount. Participants without a **Rec Card** or proof of residency will be charged the highest rate.
- 2) **Daily Programs** (Adult Basketball, Racquetball, Drop-In Zumba, Pickleball)- All participants will be required to have a **Rec Card** to participate. All visitors and non **Rec Card** holders will be required to complete a permission agreement each visit and will be charged the highest rate unless proof of residency is provided each time.
- 3) **Ice Rink Programs** – Show your **Rec Card** at the window to receive the discount. All visitors and non **Rec Card** holders will be required to complete a permission agreement each time and will be charged the highest rate unless proof of residency is provided each time.
- 4) **Free Open Gym**- All participants will be required to have a **Rec Card** to participate. All visitors and non **Rec Card** holders will be required to complete a permission agreement each visit.

## How do I renew my Rec Card?

All Rec Cards will expire a year after you receive your initial **Rec Card**. To renew your **Rec Card**, you will have to again show your proof of residency at the Recreation Center and complete the **Rec Card** Renewal Form.



# City of Saratoga Springs' Recreation Department

## Rec Card Application and Permission Agreement

Print Clearly

PRIMARY RESIDENT			
Last Name	First	Male Female	D.O.B / /
Street Address	City	State	Zip
Email		School District	
Cell ( )	Home ( )	Work ( )	

Office Use Only
Card Number

ADDITIONAL RESIDENTS (must reside in same household as primary resident)					
Last Name (indicate if different last name)	First	M/F	D.O.B	Grade	School
1.			/ /		
2.			/ /		
3.			/ /		
4.			/ /		
5.			/ /		
6.			/ /		

Office Use Only
Card Number

EMERGENCY CONTACTS				
Last Name	First	Relationship	Cell Phone ( )	Home Phone ( )

MEDICAL AGREEMENT	
<p>I fully understand and acknowledge that there are inherent risks and dangers in my participation and/or my child's participation in the city's recreational activities and that my participation and/or my child's participation in said activities and use of any equipment related to said activities may result in injury, illness or death and damage to personal property. I understand other participants, accidents, forces of nature or any other causes may result in risks and dangers and I hereby accept those risks. In the event of an emergency, I hereby authorize treatment by Certified Emergency Personnel (i.e. EMT, First Responder, and/or Emergency Department Physician) and that I shall be responsible for the costs associated with that care. It is understood that reasonable efforts shall be made to contact the undersigned prior to rendering treatment, but that any treatments will not be withheld if the undersigned cannot be reached. I assume full responsibility for any medical treatment rendered.</p>	
Primary Signature	Date
Secondary Signature (All additional residents 18 and Over must sign)	Date

RECREATION AGREEMENT	
<p>Please consult your and/or your child's physician prior to you and/or your child's participation in any City of Saratoga Springs Recreation Program. If there are questions as to whether or not you or your child may be capable of participating in any activity sponsored by the City of Saratoga Springs Recreation Commission, please contact the City's Recreation Department at (518) 587-3550 extension 2300. In that you and/or your child have expressed a desire to participate in a City sponsored Recreation Program/Facilities, it is important that you and/or your child understand the goals and rules established for the Program. Each participant will have Rules of Conduct explained to him/her prior to the start of any activity. He/she must observe the rules as explained and accept the consequences of behavior modification if needed as outlined in the Recreation Handouts.</p> <p>In signing this agreement, I acknowledge that I fully understand there are inherent risks and dangers associated with my and/or my child's participation in Recreation sponsored activities. I also understand and acknowledge my and my Child's participation in these activities and use of any equipment related to such activities may result in injury, illness or death and damage to personal property. I understand other participants, accidents, forces of nature or other causes may cause these risks and dangers and hereby accept those risks. I understand that my child and/or I may be photographed or videoed and my and my child's name may be used for publicity purposes for the Saratoga Springs Recreation Program and its sponsors/donors.</p> <p>I hereby agree that my child and I will participate in City sponsored Recreation Program activities in accordance with the City's rules and regulations and acknowledge no physical or emotional issue which would prohibit me or my child from participation. I agree to indemnify and save harmless the City of Saratoga Springs from and against all claims, damages, losses and expense (including, but not limited to, attorneys' fees), arising out of my child and my participation in Recreation Commission sponsored events provided that any such claim, damage, loss or expense is not directly attributable to bodily injury, sickness, disease, or death, or to injury to or destruction of property caused by the negligent act or omission of the City, its agents or employees.</p>	
Primary Signature	Date
Secondary Signature (18 and Over)	Date

OFFICE USE ONLY	
Circle: City Resident or School District	Proof (tax bill, s/b/I number, lease agreement*, water/sewer bill) *page number in city street book Non School Resident



# Saratoga Springs Recreation Department

## Fall 2016/Winter 2017 Intro to Ice Skating Registration

**Early Bird Fall Registration Period Aug 22-Oct 11**

**Early Bird Winter Registration Period Aug 22-Dec 27**

Please Print Clearly

Does the participant have a Rec Card? \_\_\_\_\_ Yes If **YES**, write Rec Card # \_\_\_\_\_ and complete this registration form.  
 \_\_\_\_\_ No If **NO**, please complete attached Rec Card application.

**If you do not have a Rec Card, you must provide proof of Residency with the registration to receive City/School District Rate.**

### How did you hear about us?

Brochure	Facebook	Flyer	Friend/Family	Newsletter
Newspaper (which one?)	Radio	Signs/banners	Website	Other

### PARTICIPANT INFORMATION

Circle one: <b>City Resident (C)</b>		<b>School District Resident (S)</b>		<b>Non School District Resident (N)</b>			
Last Name		First	Male	Current Grade	School	Birth Date	Age
			Female				
Address		City		State	Zip Code	Primary Phone (    )	
Parent / Guardian Name		First	Email				

Please list any allergies/medical problems, including those requiring maintenance medications. Attach additional sheets if necessary:

### INTRO TO ICE SKATING (Kids)

Circle all applicable CODES and FEES

Date	Clinic	City Resident	School Resident	Non School Resident
Oct 25-Dec 17	Early Bird Intro to Ice Skating	6WK FCC \$50	6WK FCS \$70	6WK FCN \$70
	After Oct 11th Intro to Ice Skating	6WK FCC \$75	6WK FCS \$95	6WK FCN \$95
Please Select Session:				
Tuesdays: 10-11am _____ 5-6pm _____				
Saturdays: 1-2pm _____ 2-3pm _____				
Jan 3-Feb 25	Early Bird Intro to Ice Skating	6WK WCC \$50	6WK WCS \$70	6WK WCN \$70
	After Dec 27th Intro to Ice Skating	6WK WCC \$75	6WK WCS \$95	6WK WCN \$95
Please Select Session:				
Tuesdays: 10-11am _____ 5-6pm _____				
Saturdays: 1-2pm _____ 2-3pm _____				

### INTRO TO ICE SKATING (Adults)

Circle all applicable CODES and FEES

Date	Clinic	City Resident	School Resident	Non School Resident
Oct 25-Dec 17	Early Bird Intro to Ice Skating	6WK FCC \$50	6WK FCS \$70	6WK FCN \$70
	After Oct 11th Intro to Ice Skating	6WK FCC \$75	6WK FCS \$95	6WK FCN \$95
Please Select Session:				
Tuesdays: 5-6pm _____				
Saturdays: 2-3pm _____				
Jan 3-Feb 25	Early Bird Intro to Ice Skating	6WK WCC \$50	6WK WCS \$75	6WK WCN \$70
	After Dec 27th Intro to Ice Skating	6WK WCC \$75	6WK WCS \$95	6WK WCN \$95
Please Select Session:				
Tuesdays: 5-6pm _____				
Saturdays: 2-3pm _____				

### OFFICE USE ONLY

City Proof (tax bill, s/b/l number, lease agreement, state/fed tax)	School District Proof (tax bill, s/b/l number, lease agreement, state/fed tax)
---	--

Cash Amount:	Check #:	Total Amount:	Date:	Batch #:	Staff Initials:
--------------	----------	---------------	-------	----------	-----------------

There will be no reminder phone calls about the clinics/programs, please keep the all information! Please make checks payable to the Commissioner of Finance.