



Saratoga Springs Recreation Department

Early Bird Registration:
March 18-June 24
Register Early and Save!

Intro to Ice Skating Summer 2019

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

“Build your Skills with Us!”

Early Bird Fees: C \$55 N \$ 75
Fees after June 24th: C \$80 N \$100



Ice Rink Opens
July 8th!



Ages: 3 and up (Adults Included)
Dates: July 9-August 13
Time: Tuesdays 5-6pm

Location: Ice Rinks (Weibel and Vernon)
Coordinator: Jill Ramos-USFS Quad Gold
Instructors: Amanda Shelburne-PSA Master Rated
Pat Kenkel-Regional & National Coach
Kelsey Clechenko-Over 6 years exp
Gwen Craig-Over 6 years exp

- Introduces participants to the exciting world of ice skating
- Provides opportunity to build upon skills already learned
- Classes grouped by age and ability and consist of 1/2 hour group class and 1/2 hour practice
- Level based system of teaching provides clear path to advancement.
- Instructors have many years of experience teaching and emphasize fun and safety while providing proper technique in ice skating basics
- A responsible adult must accompany 3-6 yr olds on the ice and be available to assist instructors (skates not mandatory for adults)
- 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 \$5 per class or \$25 per session (purchase card on first day)
- Please dress accordingly with outdoor winter clothing (snow/fleece pants, jacket, mittens)

Attention Skaters:
Family Skate, Open Public, Open Stick, Open Adult Hockey, & Open Figure sessions are also available!
Go to SaratogaRec.com and click on the Ice Skate for the schedule!

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



Join our
mailing
list!

Introduction to Ice Skating Program Information

Goals

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

Rec Card application **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)
- Optional - elbow and knee pads

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 Additional Program FAQs

Additional Program Information

How should adults dress for comfort?

- Warm jacket, pants, mittens or gloves
- Warm socks and shoes or boots
 - Shoe/boot bottoms must be free of dirt before stepping on ice

What is meant by “sharp” blades?

- Blades must have a concave groove to supply edges that will grip the ice
- Edges must be even (one edge should not be higher than the other)

What else do I need to know about blades?

- Blades should be dried with a cloth after each use to prevent rusting
- Rust should be removed from blades before attempting to skate – usually accomplished by sharpening

What are “skate guards?”

- Plastic covers that protect blades while walking on non-padded and non ice surface
- Guards should not be kept on skates when stored in bag as this will cause blades to rust

What are “soakers?”

- Cloth covers for blades
- Absorb moisture when skates are not being worn
- Protects blades when stored in bag

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.



How to lace skates-

Time Required: The time for this task can take anywhere from two to ten minutes, depending on experience.

Here's How:

1. **Loosen up the skates.**

By pulling the laces out a bit, the foot can be put inside easily.

2. **Stuff the feet inside the boots.**

Make sure the socks are straight and the foot is placed inside the boot all the way. Put the toe of the foot in first and then push the heel all the way down.

3. **Tighten up the laces in the first half of the boot.**

Work up from the toe to the ankle. Don't pull the laces too tight in this area. Just make sure that each pull is somewhat secure.

4. **Tighten the laces the most where the foot and the ankle bends.**

This is the most important part of lacing figure skates. Give the laces a good tug at this point and pull hard.

Suggestion: *Just before starting to lace the hooks, wrap one lace around the other twice to keep a snug fit over the arch so the laces won't slip.*

5. **Next lace around the hooks.**

Make a criss-cross pattern with the laces and pull with both hands around each hook. Some skaters like to put the laces over and under the hooks; others like to put the laces under and then over. Either option is correct.

Again, don't pull the laces too hard. Leave some room for the ankle to bend.

6. **Finish with a secure bow.**

It is recommended to double knot the bow. Some figure skaters leave the top hooks empty while breaking in new boots.

7. **Tuck the bow's loops inside the tops of the boots.**

This will prevent the blade from catching the bow's loops and also keeps the top hooks from coming loose.

Tips:

1. If the skates don't feel secure after being laced up, the laces are too loose, and lacing should be done over again.
2. Figure skates should not be too tight. If a skater can't bend his or her knees, the skates are too tight.
3. Make sure the tongue of the skate is straight and does not slip under the laces.
4. Skates must fit. If the boot is too big, lacing the skates tightly will not improve the ice skating experience.
5. Wear a sock that fits and make sure that no wrinkles are in the sock as the foot is placed inside the ice skating boot. Wearing thick socks is not recommended for figure skating.



City of Saratoga Springs' Recreation Department

Rec Card Application and Permission Agreement

PRIMARY and SECONDARY CONTACT						Office Use Only
Street Address	City		State	Zip	School District	Youngest Birth Year _____

Primary Last Name	First	M / F	D.O.B / /	List Allergies/Medical problems	Primary Card #
Primary Contact Email		Home #	Cell #	Work #	

Secondary Last Name	First	M / F	D.O.B / /	List Allergies/Medical problems	Secondary Card #
Secondary Contact Email		Home #	Cell #	Work #	

ADDITIONAL RESIDENTS (must reside in same household as primary resident)					Office Use Only
Last Name (indicate if different last name)	First	M/F	D.O.B / /	List Allergies/Medical Problems	Card Number
1.			/ /		
2.			/ /		
3.			/ /		
4.			/ /		
5.			/ /		

EMERGENCY CONTACT			
Last Name	First Name	Relationship	Primary #

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 Residency: City School Non School	List type of proof _____ (tax bill, s/b/l number, lease agreement*, water/sewer bill) *page number in city street book City/School ONLY	Enter in Max: Y N	Staff Int.:	Date:	Batch #



City of Saratoga Springs' Recreation Department

Rec Card Application and Permission Agreement

The **REC CARD** is a two year agreement that allows participation in the City of 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 two years 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 two years 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** application and permission agreement Form.

Saratoga Springs Recreation Department
15 Vanderbilt Avenue, Saratoga Springs, New York 12866



Saratoga Springs Recreation Department

2019 Summer Clinic/Program Registration

Please Print Clearly

How did you hear about us?				
Brochure	Facebook	Flyer	Friend/Family	Newsletter
Newspaper (which one?)	Radio	Signs/banners	Website	Other

Does participant have a Rec Card? _____ Yes If YES, write Rec Card # _____ and complete this registration form.
 _____ No If NO, please complete Rec Card application. Find forms at SaratogaRec.com or at Rec Center.

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

PARTICIPANT INFORMATION						
Circle one:		City Resident (C)	School District Resident (S)	Non School District Resident (N)		
Last Name	First	Male Female	Current Grade	School	Birth Date	Age
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:						

Early Bird Registration ends June 24th
Registration Fee for each clinic/program will increase \$25 after June 24th

SUMMER CLINICS									
Circle Tee Shirt Size: Youth: S M L Adult: S M L XL									
Circle all applicable CODES					Circle all applicable CODES				
Date	Clinic	C \$75/\$100	S \$75/\$100	N \$95/\$120	Date	Clinic	C \$75/\$100	S \$75/\$100	N \$95/\$120
July 22-26	Boxing	6LXMCC	6LXMCS	6LXMEN	August 19-23	Skate Park	6L5MCC	6L5MCS	6L5MCN
July 15-19	Boys Basketball	6LBMCC	6LBMMS	6LBMEN	July 8-12	Softball	6L3MCC	6L3MCS	6L3MCN
August 5-9	Boys Basketball	6LBMCC	6LBMMS	6LBMEN	Jul 29-Aug 2	Soccer	6L8MCC	6L8MCS	6L8MCN
August 12-16	Field Hockey	6LFMCC	6LFMCS	6LFMCN	August 5-9	Soccer	6L8MCC	6L8MCS	6L8MCN
July 22-26	Girls Basketball	6LBMFC	6LBMFS	6LBMFN	July 1-5 (No July 4th)	Volleyball	6LVMCC	6LVMCS	6LVMCN
July 1-5 (No July 4th)	Am. Legion Baseball	6L1MCC	6L1MCS	6L1MCN	Aug 12-16	Tennis	6LTMCC	6LTMCS	6LTMEN

Circle Ice Skating Level:
Never Skated
Can Skate Forward
Can Skate Backward

SUMMER PROGRAMS					
Circle Shirt/Jersey Size: Youth: S M L Adult: S M L XL Circle all applicable CODES and FEES					
Date	Program	C	S	N	
July 9-Aug 13	Intro to Ice Skating Kids	6WK MCC \$ 55/\$80	6WK MCS \$75/\$100	6WK MCN \$75/\$100	
July 9-Aug 13	Intro to Ice Skating Adults	6WS ACC \$55/\$80	6WS ACS \$75/\$100	6WS ACN \$75/\$100	
July 1-Aug 17 (No Jul 4th)	Running - ALL Ages & Families M/W	Free	Free	Free	
July 1-Aug 17 (No Jul 4th)	Running 11+ Girls T/Th/F/S/S Running 11+ Boys T/F/S	Free	Free	Free	
July 15-Aug 1	Skating for Groms	6L5 MCC \$50/\$75	6L5 MCS \$50/\$75	6L5 MCN \$70/\$95	
July 8-Aug 14	Summer Basketball Grades 4-8	6PB MCC \$ 75/\$100	6PB MCS \$75/\$100	6PB MCN \$95/\$120	

VOLUNTEERING

Shirt - Adult: S M L XL XXL

Your Name _____

Program Volunteering For _____

- All Volunteers must complete the volunteer packet. Early Bird registration fee waived on or before 6/18/18 for the child you coach. A \$25 registration fee for the child you coach will apply after 6/18/18.

OFFICE USE ONLY

City/School District Proof (tax bill, s/b/l number, water/sewer bill, lease agreement, Rec Card):

Cash Amount:	Check #:	Total Amount:	Date:	Entered in Max: Y N	Staff Int:	Batch #:
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There will be no reminder phone calls about the clinics/programs, please keep the calendar of dates! Please make checks payable to the Commissioner of Finance.