



FREESTYLE REGISTRATION FORM

Winter Contract dates - January 5 - June 13, 2026

Contracts are due by January 5: A \$30 late fee will be assessed after this date. No contracts accepted after January 31, 2026

NO REFUND OR CREDIT WILL BE GIVEN FOR DELETIONS TO CONTRACT.

Skater's Name: (First) _____ (Middle Initial) _____ (Last) _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____ Circle: Male or Female

Home Phone Number: _____ Parent E-mail Address: _____

Father's Name: _____ Work Phone: _____ Cell Phone: _____

Mother's Name: _____ Work Phone: _____ Cell Phone: _____

Emergency Contact Other Than Parents: _____ Emergency Contact Phone Number: _____

Coach(es): _____ **HIGHEST FREESTYLE TEST PASSED:** _____

Home Club: _____ **USFSA #(MEMBERSHIP REQUIRED):** _____

PLEASE NOTE: ICE MUST BE PURCHASED IN HOUR BLOCKS (unless otherwise listed in this contract) & FOR THE DURATION OF THE FALL. WRITTEN CHANGES TO SESSION LENGTH, NUMBER OF DAYS OR PRICE WILL NOT BE HONORED UNLESS DIRECTOR PERMISSION HAS BEEN GRANTED.

X	TIME	CLASS	RATE	# OF WEEKS				
MONDAY								
	6:00 - 7:00 AM	G	\$12.00/wk	21	\$252.00			
	7:00 - 8:00 AM	G	\$12.00/wk	21	\$252.00			
	8:00 - 9:00 AM	G	\$12.00/wk	21	\$252.00			
	1:10 - 1:40 PM	G	\$6.00/wk	21	\$126.00			
	1:40 - 2:40 PM	G	\$12.00/wk	21	\$252.00			
	2:40 - 3:40 PM	G	\$12.00/wk	21	\$252.00			
	3:50 - 4:50 PM	G	\$12.00/wk	21	\$252.00			
	4:30 - 4:50 PM	Low Off-Ice	\$8.00/wk	21	\$168.00			
	5:00 - 5:30 PM	Low Stroking	\$8.00/wk	21	\$168.00			
	5:00 - 5:40 PM	High Strength	Register through Impact					
Important Dates: No Ice January 19; No Ice May 25								
TUESDAY								
	6:00 - 7:00 AM	G	\$12.00/wk	23	\$276.00			
	7:00 - 8:00 AM	G	\$12.00/wk	23	\$276.00			
	8:00 - 9:00 AM	G	\$12.00/wk	23	\$276.00			
	1:00 - 1:30 PM	G	\$6.00/wk	23	\$138.00			
	1:30 - 2:30 PM	G	\$12.00/wk	23	\$276.00			
	2:30 - 3:30 PM	G	\$12.00/wk	23	\$276.00			
	3:40 - 4:40 PM	H	\$12.00/wk	20	\$240.00			
	4:40 - 5:40 PM	G	\$12.00/wk	20	\$240.00			
	5:40 - 6:10 PM	G	\$6.00/wk	20	\$120.00			
	5:40 - 6:10 PM	High Ballet	Register through Bella Miller					
	6:20 - 6:50 PM	Low Ballet	Register through Bella Miller					
Important Dates: No 3:40-6:10 sessions on April 14, 21 & 28								
WEDNESDAY								
	6:00 - 7:00 AM	G	\$12.00/wk	23	\$276.00			
	7:00 - 8:00 AM	G	\$12.00/wk	23	\$276.00			
	8:00 - 9:00 AM	G	\$12.00/wk	23	\$276.00			
	9:00 - 10:00 AM	G	\$12.00/wk	23	\$276.00			
	1:10 - 1:40 PM	G	\$6.00/wk	23	\$123.00			
	1:40 - 2:40 PM	G	\$12.00/wk	23	\$276.00			
	2:40 - 3:40 PM	G	\$12.00/wk	23	\$276.00			
	3:50 - 4:50 PM	G	\$12.00/wk	23	\$276.00			
	4:50 - 5:20 PM	G	\$6.00/wk	23	\$123.00			
	5:30 - 6:10 PM	Flexibility	Register through Bella Miller					
	5:30 - 6:00 PM	Low Strength	Register through Impact					
THURSDAY								
	6:00 - 7:00 AM	G	\$12.00/wk	23	\$276.00			
	7:00 - 8:00 AM	G	\$12.00/wk	23	\$276.00			
	8:00 - 9:00 AM	G	\$12.00/wk	23	\$276.00			
	9:00 - 9:30 AM	G	\$6.00/wk	23	\$123.00			
	1:00 - 1:30 PM	G	\$6.00/wk	23	\$123.00			
	1:30 - 2:30 PM	G	\$12.00/wk	23	\$276.00			
	2:30 - 3:30 PM	G	\$12.00/wk	23	\$276.00			
	3:40 - 4:40 PM	G	\$12.00/wk	23	\$276.00			
	4:40 - 5:40 PM	G	\$12.00/wk	23	\$276.00			
	6:00 - 6:40 PM	High Strength	Register through Impact					

- Please Note: Payment Method In Your Bond Account Will Be Charged. Cash & Checks are no longer accepted.**

- To avoid fees attached with credit card payments, a bank account can be added to your Bond account (known as an ACH payment). This can be added by going to the "Payment Methods" section of your Bond portal.

X	TIME	CLASS	RATE	# OF WEEKS	
FRIDAY					
	1:10 - 1:40 PM	Int.	\$6.00/wk	22	\$132.00
	1:40 - 2:40 PM	Int.	\$12.00/wk	22	\$264.00
	2:40 - 3:40 PM	G	\$12.00/wk	22	\$264.00
	3:50 - 4:50 PM	H	\$12.00/wk	22	\$264.00
	4:50 - 5:50 PM	G	\$12.00/wk	22	\$264.00
	5:50 - 6:20 PM	G	\$6.00/wk	22	\$132.00
Important Dates: No Ice March 6					
SATURDAY					
	7:10 - 8:10 AM	G	\$12.00/wk	18	\$216.00
	8:10 - 8:40 AM	Stroking	\$8.00/wk	18	\$144.00
	8:50 - 9:50 AM	Int.	\$12.00/wk	18	\$216.00
	9:50 - 10:50 AM	G	\$12.00/wk	18	\$216.00
Important Dates: No Ice January 10 & 17; No Ice March 7; No Ice April 18; No Ice May 2					

IMPORTANT INFORMATION

PROPER SKATING ATTIRE IS REQUIRED ON ALL FREESTYLE SESSIONS. NO SNOWPANTS, HELMETS, JEANS OR HOODS

- ICE MUST BE PURCHASED IN HOUR BLOCKS**
- Coach Choice Ice allows Pairs, Dance and Showcase skaters, Freestyle and MIF as well. Session can be paid for as an hour or the full amount.
- Drop in rate is \$16/hr.

THIS SCHEDULE IS SUBJECT TO CHANGE. CREDITS WILL BE ISSUED IF SCHEDULING CONFLICTS OCCUR.

LEVEL RESTRICTIONS ACCORDING TO TESTS PASSED

- (G) General:** All levels, Skating Skills, Dance and Freestyle
- (H) High:** IJS Juvenile through Senior FS (**No Dance, Skating Skills or Pairs**) *or by coach/director permission
- No Hockey Skating can be taught on Freestyle Ice. Only figure skates allowed.

Changes- A change is a switch of a day or time for the duration of the contract. Your skater must indicate this on the check-in sheet at the Front Desk

Tuesday Ballet with Bella Miller: Private or Semi-Private Sessions can be scheduled directly with Bella Please text, call or email Bella to schedule: 517-388-9850 or millerbella517@gmail.com	# Of Participants <table border="1"> <tr> <td>1</td><td>\$475/person</td><td>\$950/person</td></tr> <tr> <td>2</td><td>\$238/person</td><td>\$475/person</td></tr> <tr> <td>3</td><td>\$159/person</td><td>\$317/person</td></tr> <tr> <td>4</td><td>\$119/person</td><td>\$238/person</td></tr> <tr> <td>Low Ballet 19 weeks</td><td colspan="2">\$190/person (\$10/wk)</td></tr> <tr> <td>High Ballet 19 weeks</td><td colspan="2">\$228/person (\$12/wk)</td></tr> <tr> <td>Flexibility 20 weeks</td><td colspan="2">\$240/person (\$12/wk)</td></tr> </table>	1	\$475/person	\$950/person	2	\$238/person	\$475/person	3	\$159/person	\$317/person	4	\$119/person	\$238/person	Low Ballet 19 weeks	\$190/person (\$10/wk)		High Ballet 19 weeks	\$228/person (\$12/wk)		Flexibility 20 weeks	\$240/person (\$12/wk)	
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*Prices are listed in the table to the right.																						
*The full fall payment must be paid to Bella prior to the first day of classes on January 6th.																						
Payment: You can pay by cash, check or Venmo (@belladmiller)																						
TUESDAYS: Classes will begin January 6th, and the last classes will be June 9th.																						
WEDNESDAYS: Classes will begin January 7th, and the last classes will be Ju 10th.																						
NO BALLET ON THE FOLLOWING DATES: MARCH: 3, 4, 24 & 25 & APRIL: 14, 21 & 28																						

STRENGTH - IMPACT SPORTS PERFORMANCE

Trent MacDowell- B.S., CSCS, CSAS, HSSCS
906-322-8167 or tmacdowell24@yahoo.com

Please reach out to Trent directly for cost & program information and/or to register your skater!

OFF-ICE CLASSES

This class is designed to help your skater master the ability to practice jumps and spins off-ice with proper technique for the purpose of warm-up routines and on-ice consistency. The course aims to instill balance, leg strength, increased rotational speed, and improve form and control of landings. Other primary focuses include coordination, agility, core strength, and flexibility. Taught by our own professional staff, this class is catered towards skaters of all ages and skill levels. Please check with your head coach before signing your skater up!

EDGE CLASS

The aim of this on-ice class is to educate skaters on the different types of turns, improve depth and quality of edges, and increase skaters' flow across the ice. Other focuses include speed and agility, improved stamina, multi-directional skating and balance. Taught by our professional staff, this class is available to skaters of all ages and skill levels. Please check with your head coach before signing your skater up!

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Session	Cost	# Sessions	Total \$
ON-ICE			
Freestyle - 1 Hour	\$12.00		
Freestyle - 1/2 Hour	\$6.00		
Power/Edge	\$8.00		
OFF-ICE			
Low Off-Ice Class	\$8.00		
TOTAL			
Late Fee \$30 (if after January 5)			
TOTAL \$			

PAYMENT PLANS (please circle desired plan) *CONTRACTS UNDER \$300 MUST BE PAID IN FULL

TWO-PAYMENT PLAN
(with a \$300 minimum contract)
1ST PMT: Due with contract
2ND PMT: Due February 1, 2026

THREE-PAYMENT PLAN
(with a \$600 minimum contract)
1ST PMT: Due with contract
2ND PMT: Due February 1, 2026
3RD PMT: Due May 1, 2026

PAYMENT METHOD

Visa AmEx MasterCard

Card Number _____

Exp. Date _____ Security Code _____

Name of Cardholder _____

Signature _____

**Waiver/Consent
Figure Skating Policies
Please read and sign**



1. Waiver

2. —READ BEFORE SIGNING—
3. In consideration of being allowed to participate in any way in the skating (hockey, skating, figure skating, etc.) or other athletic program (the "Program"), related events and activities of East Lansing Ice Cube, LLC (herein referred to after as the "Arena"), the undersigned, acknowledge, appreciate, and agree that:
4. 1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
5. 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown of my participation in the Program, EVEN IF ARISES FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and
6. 3. I willingly agree to comply with the stated and customary terms and conditions for participation in the Program. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
7. 4. I for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Arena, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releases"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
8. 5. Should any disputes, claims or litigation arise regarding Arena or its affiliates and Participants or the undersigned, I agree that the Prevailing Party (defined below) shall be entitled to recover all of the reasonable costs, expenses and fees including reasonable attorney fees incurred in connection with such dispute, claim or litigation as determined by a final judgment of a court. The term "Prevailing Party" means that party whose position in the claim, dispute or litigation is substantially upheld.
9. 6. If any part of this agreement is determined to be void and unenforceable, the remainder shall be in full force and effect.
10. 7. This agreement shall be governed by the laws of the state of Michigan.
11. Furthermore, I acknowledge that the novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and spreads from person-to-person contact. Arena has put in place preventative measures to reduce the spread of communicable diseases; however we cannot guarantee that you or your child(ren) will not become infected while attending our facilities. While we've implemented reasonable preventative measures, we depend on each and every visitor and their families to follow the guidelines from the Center of Disease Control, and all applicable federal, state, and local health department guidelines, rules, laws and regulations before and while visiting our premises. We are all in this together and rely on each other to adhere to the above-mentioned guidance and legal restrictions. The undersigned fully understands and acknowledges both the known and potential dangers of utilizing our facilities, services, and programs and acknowledge that use thereof by the undersigned and/or such participating children may, despite our reasonable best efforts to mitigate such dangers, result in exposure to communicable diseases, which could result in quarantine requirements, serious illness, disability, and/or death.
12. I hereby grant the Black Bear Sports Group permission to use my child's likeness in a photograph, video, or other digital media ("photo") in any and all of its publications, including web-based publications, without payment or other consideration.
13. I understand and agree that all photos will become the property of the Black Bear Sports Group and will not be returned.
14. I hereby irrevocably authorize the Black Bear Sports Group to edit, alter, copy, exhibit, publish, or distribute these photos for any lawful purpose. In addition, I waive any right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photo.
15. I hereby hold harmless, release, and forever discharge the Black Bear Sports Group from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.
16. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)
17. This is to certify that I, as a parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, 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.
18. I HAVE READ THE ABOVE RULES AND CONDITIONS, AND AGREE TO ADHERE TO THEM. I ALSO UNDERSTAND THAT I AM RESPONSIBLE FOR THE FULL PAYMENT OF THIS CONTRACT REGARDLESS OF CIRCUMSTANCE. CONTRACT WILL NOT BE HONORED WITHOUT CHECKING APPROVAL BOX..

I Agree to Above Waiver

Parent/Guardian's Signature _____

Skater Signature _____