



Summer Skating Program 2025
Weekly From: June 2nd - August 16th, 2025
Registration / Brochure

Center Ice Sports Complex (CISC) is pleased to welcome all skaters to join us for our 2025 Summer Skating Program.

The 2025 Summer Skating Program schedule has been designed for the serious skater as well as the beginner with freestyle sessions, on-ice clinics and off-ice classes. This will provide a comprehensive program in order to develop a well-rounded skater.

Center Ice Skating Club Coaches are approved to teach during our summer program. **Guest Coaches must be approved by rink management before** being allowed to teach. Please send your request to coach during our summer program to skatingdirectorscenterice@gmail.com along with proof of USFSA compliance.

Dress Code

Female

Skating dress, leotard, skating skirt or stretch pants. No jeans or jeans shorts may be worn. Long hair should be pulled back and out of the skater's face. Headphones (air pods) may be worn in one ear only.

Male

Warm-ups, athletic or stretch pants. No jeans or shorts. Headphones (air pods) may be worn in one ear only.

Class Descriptions

- Classes with fewer than four skaters will be cancelled. High and low classes may be combined.
- See chart below for normal class instructors. Class instructors are subject to change.
- An assistant instructor will be added to classes if necessary.

	Monday	Tuesday	Wednesday	Thursday	Friday
Off Ice	Jumps- Stephanie Troyer	Flexibility- Michelle Dalton	Strength- Michelle Dalton	Jumps- Michelle Dalton	Flexibility- Emily Derimiggio
On Ice	Power- Hannah Holzopfel	Turns- Stephanie Troyer	Edges- Stephanie Troyer	Ice Dance- Autumn Campailla	Spins- Michelle Dalton
PM Low Off Ice	Jumps/Flex- TBD		Jumps/Flex- Sadie Woodruff		

Off Ice Classes

Jumps (tennis shoes required)

This class will focus on improving the 3 main parts to a jump: take off, area of rotation, and preparation for landing. Dry land jumps are an effective way to improve skills and fix errors that occur during jumps on the ice. This class will also improve body awareness, coordination, and body control with proper torso alignment and muscle memory.

Flexibility (yoga mat and tennis shoes required)

The class will involve all body stretching. It is designed for skaters to improve their flexibility both on and off the ice. The class will work on loosening the muscles for spirals, split jumps, landing positions, camel spins, and laybacks. Skaters in this class will also work on strengthening positions that skaters need to know for jumps and spins.

Strength and Conditioning (yoga mat and tennis shoes required)

This class will focus on improving muscle strength and aerobic conditioning that figure skaters need to perform at their best. It will focus mainly on core and lower body strength, as these muscles are important for stabilization, power, jump height, and more.

On Ice Classes

Power

In this class, skaters will perform a variety of exercises and patterns based on moves in the field with the focus on proper stroking technique, upper body carriage, use of knees, edges and extension. The ultimate goal is to create power and flow across the ice without visible effort.

Spins

This class will be used for improving the skaters' spins. Skaters will work on increasing the speed and position of their basic spins. They will also work on combinations and variations. The high class will work on IJS level spins including difficult entries, difficult variations, flying entries, and more.

Edges

In this class, skaters will work on proper edges and body placement as well as developing better flow, pressure, and knee bend. Skaters will put various edge exercises to music to work on rhythm and timing.

Ice Dance

This class will be used for learning/working on the basics of ice dance, learning ice dance patterns, and working on counting music. The low class will introduce skaters to ice dance and get them ready to take their first few tests. The high class will do exercises focusing on proper technique and work on patterns in groups based on level.

Turns/Footwork

This class will focus on the basics of executing different types of turns. The low class will focus on more basic turns like 3-turns and mohawks. The high class will work on more complex turns like rockers, counters, Choctaws, loops, twizzles and brackets, and incorporating these into sequences.

Package and Session Descriptions

Gold Package- \$215/wk	Silver Package- \$160/wk	Bronze Package- \$102/wk
-savings of \$120	-savings of \$71	-savings of \$42
-10 Generals	-6 Generals	-3 Generals
-5 On Ice Classes	-4 On Ice Classes	-3 On Ice Classes
-5 Off Ice Classes	-4 Off Ice Classes	-3 Off Ice Classes

Pre-Registered Sessions

- General \$18.50
- On Ice Class \$15
- Off Ice Class \$15

Walk-On Sessions (if space allows)

- General \$20
- On Ice Class \$17
- Off Ice Class \$17

Session Descriptions

General Sessions: Open to all skaters. This session is to be used for practice and for private lessons. Generals are limited to 18 skaters.

High On/Off Ice: Skaters must have passed the Preliminary Singles test to be eligible for the high class or have coach recommendation. Classes are limited to 18 skaters.

Low On/Off Ice Class: Classes are designed for skaters who have not passed the Preliminary Singles Test. Classes are limited to 18 skaters.

***The ice dance class will be split by dance level and requires that the skater has passed pre-preliminary skating skills, or have coach recommendation.

High Ice Dance: Skaters must have passed the pre bronze dance test.

Low Ice Dance: Skaters who are new to ice dance up to the pre bronze dance test.

Registration and Payment Details

1. Registrations are due May 18, 2025 to receive the pre-registered price for packages and individual sessions. **Registrations submitted after May 18, 2025 will be charged a \$30 late fee.** Please turn in your registration form, skater info sheet, and a check for at least 50% of the registration to the rink. You may turn it in at the front desk or mail to:

Center Ice Sports Complex
Attn: Skating Director
8319 Port Jackson Ave
North Canton, Oh 44720

2. Make checks payable to Center Ice Sports Complex.

3. Balance is due June 30, 2025.

4. **FSO cards may not be used during the summer (June 2- August 16)**

5. CISC may decline registrations as seen fit by management.

6. All refunds are subject to a \$50.00 cancellation fee. There will be **no refunds issued after June 2nd** unless reasons are due to injury or illness so long as timely notice is given to CISC.

7. Session/Class changes may only be made by the **skater's parent BEFORE the day of the contracted session/class. A Make-Up card will be given to the skater.**

8. **If you need to split payments into 3 or 4 installments, talk to Michelle.**

Private Instruction

Private instruction is arranged with your coach and is *payable directly to the coach.*

SKATER INFO: (SUBMIT THIS PAGE WITH REGISTRATION FORM)

Name: _____

Parent/Guardian Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Other Phone: _____

Email Address: _____

Coach(es) Name(s): _____

Emergency Contact:

Name: _____

Relationship to skater: _____

Phone: _____

WAIVER FORM

In consideration of being allowed to participate in any way in Center Ice Sports Complex (CISC) programs, related events and activities, the undersigned acknowledges, appreciates and agrees that:

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 injury does exist; and 2) I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and 3) I willingly agree to comply with the stated and customary terms and conditions for participation. 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 instructor immediately; and 4) I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Center Ice Sports 1. Inc, their officers, instructors, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), 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, 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.

Participant's signature and date signed

FOR PARTICIPANTS OF MINORITY AGE

(Under Age 18 at time of registration)

This is to certify that I, as 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 do also release and agree to indemnify 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 THEIR NEGLIGENCE.

Parent/Guardian's signature and date signed

*CISC reserves the right to modify the summer schedule or change the restrictions on who is permitted to skate during any particular session.

2025 Summer Schedule Weeks 1, 2, 10

Skater Name:

Morning		Week 1	Week 2
Class/Session	Time	6/2-6/7	6/9-6/14
General	10:40-11:40 am	M T W H F	M T W H F
Low Off Ice	11:45-12:15 pm	M T W H F	M T W H F
High On Ice	11:45-12:15 pm	M T W H F	M T W H F
Low On Ice	12:20-12:50 pm	M T W H F	M T W H F
High Off Ice	12:20-12:50 pm	M T W H F	M T W H F

Evening		Week 1	Week 2
Session	Time	6/2-6/7	6/9-6/14
Low Off Ice	4:20-4:50 pm	M W	M W
General	4:00-5:00 pm	M T W H	M T W H
General	5:00-6:00 pm	M T W H	M T W H

Saturday		Week 1	Week 2
Session	Time	6/2-6/7	6/9-6/14
General	9:00-10:00 am	Sat	Sat

Morning		Week 10
Class/Session	Time	8/4-8/9
General	7:40-8:40 am	M T W H
Low Off Ice	8:45-9:15 am	M T W H
High On Ice	8:45-9:15 am	M T W H
Low On Ice	9:20-9:50 am	M T W H
High Off Ice	9:20-9:50 am	M T W H

*Friday/Saturday schedule is normal. See other sheet.

Evening		Week 10
Session	Time	8/4-8/9
Low Off Ice	4:20-4:50 pm	M W
General	4:00-5:00 pm	M T W H
General	5:00-6:00 pm	M T W H

2025 Summer Schedule Weeks 3-11

Skater Name:

Morning		Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11
Class/Session	Time	6/16-6/21	6/23-6/28	6/30-7/5	7/7-7/12	7/14-7/19	7/21-7/26	7/28-8/2	8/4-8/9	8/11-8/16
General	7:30-8:30 am	M T W H F	M T W H F	M T W H	M T W H F	M T W H F	M T W H F	M T W H F	F M T W H F	F M T W H F
General	8:30-9:30 am	M T W H F	M T W H F	M T W H	M T W H F	M T W H F	M T W H F	M T W H F	F M T W H F	F M T W H F
Low Off Ice	9:40-10:10 am	M T W H F	M T W H F	M T W H	M T W H F	M T W H F	M T W H F	M T W H F	F M T W H F	F M T W H F
High On Ice	9:40-10:10 am	M T W H F	M T W H F	M T W H	M T W H F	M T W H F	M T W H F	M T W H F	F M T W H F	F M T W H F
Low On Ice	10:20-10:50 am	M T W H F	M T W H F	M T W H	M T W H F	M T W H F	M T W H F	M T W H F	F M T W H F	F M T W H F
High Off Ice	10:20-10:50 am	M T W H F	M T W H F	M T W H	M T W H F	M T W H F	M T W H F	M T W H F	F M T W H F	F M T W H F
General	10:50 am-11:50 am	M T W H F	M T W H F	M T W H	M T W H F	M T W H F	M T W H F	M T W H F	F M T W H F	F M T W H F
General	11:50 am-12:50 pm	M W F M W	F M W	W	M W F	W F M	W W F	W F	F M W	F

Evening		Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11
Session	Time	6/16-6/21	6/23-6/28	6/30-7/5	7/7-7/12	7/14-7/19	7/21-7/26	7/28-8/2		8/11-8/16
Low Off Ice	4:20-4:50 pm	M W	M W	M W	M W	M W	M W	M W		M W
General	5:00-6:00 pm	M W	M W	M W	M W	M W	M W	M W		M W

See other sheet for M-H schedule.

	M	W
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Saturday		Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11
Session	Time	6/16-6/21	6/23-6/28	6/30-7/5	7/7-7/12	7/14-7/19	7/21-7/26	7/28-8/2	8/4-8/9	8/11-8/16
General	9:00-10:00 am	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat

Packages:

Place a check with the corresponding week and package you are registering.

Weeks:	Gold	Silver	Bronze	Gold- \$215/wk
Week 1				10 Generals
Week 2				5 On Ice
Week 3				5 Off Ice
Week 4				Silver- \$160/wk
Week 5				6 Generals
Week 6				4 On Ice
Week 7				4 Off Ice
Week 8				Bronze- \$102/wk
Week 9				3 Generals
Week 10				3 On Ice
Week 11				3 Off Ice

Total # Pkgs			
x Cost of Each	\$215	\$160	\$102
Amt Due	(A)	(B)	(C)

Individual:

Place a number in each column for the corresponding week.

Weeks:	General	On Ice	Off Ice
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			
Week 9			
Week 10			
Week 11			

Total #			
x Cost of Each	\$18.50	\$15	\$15
Amt Due	(D)	(E)	(F)

Walk On Price
General- \$20
On Ice- \$17
Off Ice- \$17

Total Due (A-F):
