

We have lots of new things going on this season! Below is a brief explanation/overview of each Jr & Sr Club Session!

### **What's New?**

**SUNDAYS 5:30-6:15** we are offering a 45 minute freestyle session that is open to ALL Jr Club skaters.

**SUNDAYS Jr Club Power Skating and Sr Club Power Skating.** During these two classes skaters will build strength and endurance. Skaters will be moving continuously for 15 min.

**SUNDAYS 6:30-7:30** we are offering a 60 minute freestyle session that is open to Jr Club skaters who were Designated **Gold Track during the 2010-11 season** and also **Sr. Club skaters who have passed only their Pre Preliminary freestyle**. Since this is a combined session and we anticipate it filled to the maximum capacity please do not ask for any exceptions. (Gold track skated twice a week, attended a competition & skated summer)

**SUNDAYS 8:00-8:30** Moves in the Field Session (MIF) is open to Sr. Club skaters only. During these 30 minutes there will be no jumping, spinning or music played. Focus is to be only on MIF.

**SUNDAYS 5:30-6:00** is a Jr & Sr Club off ice class coached by Christina Wilson. This class will focus on basic off ice drills to enhance what the skater does on the ice. It will help with strength, conditioning, rotation, agility, balance and endurance.

**MONDAYS Sr Club off ice class** coached by Christina Wilson, same as above.

**MONDAYS Movement Class** is open to Jr and Sr Club skaters. There will be a movement class at 6:30 and 7:00. Class size is limited to 6 skaters in each 30 min session

**TUESDAYS 4:00-5:00 Hot Yoga!!!** This class is a private class just for our skaters. The class will be held at Lakes Fit Yoga in Downtown Brainerd. Yoga Conditioning for Figure Skaters is an off-ice program designed to enhance flexibility, balance and total body muscular endurance. The poses take their inspiration from traditional yoga practice and figure skating elements. This class is appropriate for skaters of all ages.

**WEDNESDAYS 7:30-8:30 Jr/Sr Club Freestyle** at the Hallet Community Center in Crosby.

**FLOAT DAY** New this season we are working in cooperation with the arena's monthly schedule to offer an additional freestyle session each week. The day and time will vary. Around the 15<sup>th</sup> of the month we will publish the next months FLOATING Freestyles. We have already scheduled the float days in September and early Oct for Tuesdays from 6-7pm. These sessions will likely be on Tuesday or Fridays since those are the two days we do not offer ice.

**SATURDAY** morning freestyles are scheduled similar to the above system. We are guaranteed that the earliest we skate is 7-8am, however the majority of the season we skate later morning hours. On the 15<sup>th</sup> of the month the schedule comes out with the Saturday times for the month.

# Junior Club Contract

2011-2012 Season • September 7th, 2011 - March 12th, 2012

Ice Show Rehearsal March 18-23 Shows March 24th & 25th

Mail To: Melissa Hannah • 10916 Shew Lane • Merrifield, MN 56465

Contracts are due by September 1st, 2011

2011-12 Contract For (skater) \_\_\_\_\_

## STEP 1: Select Desired Sessions

### SUNDAYS 24 weeks

|                                 |                         |                  |       |          |
|---------------------------------|-------------------------|------------------|-------|----------|
| Jr Club Freestyle #1            | 5:30-6:15 p.m. (45 min) |                  | \$180 | \$ _____ |
| Jr/Sr Club Power Skating        | 6:15-6:30 p.m.          | Coach: Ally      | \$60  | \$ _____ |
| Jr Club Gold Track Freestyle #2 | 6:30-7:30 p.m. (60 min) |                  | \$240 | \$ _____ |
| Jr Club Off Ice Class           | 5:30-6:00 p.m.          | Coach: Christina | \$30  | \$ _____ |

### MONDAYS 24 weeks

|  |                |             |       |          |
|--|----------------|-------------|-------|----------|
| Jr Club Freestyle  | 7:30-8:30 p.m. |             | \$240 | \$ _____ |
| Jr Club Off Ice Movement Class                             | 6:30 p.m.      | Coach: Ally | \$50  | \$ _____ |
| (This class run 16 weeks: Oct 3- Nov. 28 & Jan. 9-Feb. 27) |                |             |       |          |

### TUESDAYS

10 weeks Oct 4-Dec 13 at Lakes Fit Yoga in Downtown Brainerd

|  |                |                        |      |          |
|--|----------------|------------------------|------|----------|
| <b>NEW!</b> Hot Yoga for Figure Skaters                                | 4:00-5:00 p.m. | Instructor: Tara Giese | \$50 | \$ _____ |
| <u>10 weeks Jan 10-March 13 at Lakes Fit Yoga in Downtown Brainerd</u> |                |                        |      |          |
| Hot Yoga for Figure Skaters  | 4:00-5:00 p.m. | Instructor: Tara Giese | \$50 | \$ _____ |

### WEDNESDAYS

5 weeks Sept.-Oct 5 at the Civic Center

|                        |                |  |      |          |
|------------------------|----------------|--|------|----------|
| Jr & Sr Club Freestyle | 6:00-7:00 p.m. |  | \$50 | \$ _____ |
|------------------------|----------------|--|------|----------|

**NEW!** 20 weeks Oct. 19-March 7 at the Hallet Community Center

|                         |                |  |       |                      |
|-------------------------|----------------|--|-------|----------------------|
| *Jr & Sr Club Freestyle | 7:30-8:30 p.m. |  | \$160 | \$ _____ *Discounted |
|-------------------------|----------------|--|-------|----------------------|

### THURSDAYS 24 weeks

|                                |                |  |       |                      |
|--------------------------------|----------------|--|-------|----------------------|
| Junior & Senior Club Freestyle | 6:30-7:30 a.m. |  | \$192 | \$ _____ *Discounted |
|--------------------------------|----------------|--|-------|----------------------|

### FLOAT DAY 24 weeks

|                                    |              |  |       |                      |
|------------------------------------|--------------|--|-------|----------------------|
| <b>NEW!</b> Jr & Sr Club Freestyle | Time/Day TBD |  | \$192 | \$ _____ *Discounted |
|------------------------------------|--------------|--|-------|----------------------|

### SATURDAYS 24 weeks

|                        |                 |  |       |          |
|------------------------|-----------------|--|-------|----------|
| Jr & Sr Club Freestyle | *8:00-9:00 a.m. |  | \$240 | \$ _____ |
|------------------------|-----------------|--|-------|----------|

\*Saturday morning times will rotate. A schedule will be available monthly.

|                        |             |                 |
|------------------------|-------------|-----------------|
| 2012 show participants | Costume Fee | \$ <u>65.00</u> |
|------------------------|-------------|-----------------|

**GRAND TOTAL** \$ \_\_\_\_\_

## STEP 2: Calculate Payment

If you are paying the contract in full put the amount from **step 1** here \$ \_\_\_\_\_

If you to make 7 monthly payments. Divide total by 7 and put the results here. \$ \_\_\_\_\_

**1st monthly payment (Sept) must be included with registration.**

**STEP 3: Membership Fees** *If you skated summer ice you ve paid membership fees already*

United States Figure Skating & Vacationland Membership (7/1/10 - 6/30/11) \$100 \$ \_\_\_\_\_  
*\*Note if you are a first year Jr Club Skater you do not pay the above rate!*

First year Jr Club Skaters Introductory USFS & VFSC membership \$75 \$ \_\_\_\_\_

If you are registering as the second family member.....

United States Figure Skating & Vacationland Memberships (7/1/10-6/30/11) \$35 \$ \_\_\_\_\_

**STEP 4: Late Fees**

Is the contract being submitted after September 1st? If yes, add \$15 \$ \_\_\_\_\_

**STEP 5: First Payment Amount Enclosed with Contract**

Add Steps 2 through 4 and put the total here \$ \_\_\_\_\_

Put your check # here \_\_\_\_\_

**STEP 6: Monthly Payment Amounts**

If choosing to pay the contract over 7 payments, enter the amount from STEP 2

2<sup>nd</sup> payment due Oct 1<sup>st</sup> \$ \_\_\_\_\_ 5<sup>th</sup> payment due Jan 1<sup>st</sup> \$ \_\_\_\_\_

3<sup>rd</sup> payment due Nov 1<sup>st</sup> \$ \_\_\_\_\_ 6<sup>th</sup> payment due Feb 1<sup>st</sup> \$ \_\_\_\_\_

4<sup>th</sup> payment due Dec 1<sup>st</sup> \$ \_\_\_\_\_ 7<sup>th</sup> payment due Mar 1<sup>st</sup> \$ \_\_\_\_\_

Note: VFSC Board of Directors reserves the right to cancel any sessions that do not adequately fill by Sept. 1st, 2011.  
All times are subject to change at the discretion of the arena management.

**STEP 7: Enure we have your contact information. ALL Club correspondence is done via email!**

Skater's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, ST & Zip: \_\_\_\_\_

Skaters DOB: \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

Primary Contact Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

*By signing this contract, I am responsible for all sessions contracted. Further, I understand the contracted ice is for this skaters use alone. I will pay all applicable fees stated in this contract. The Vacationland FSC is not liable for any injuries.*

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **VFSC Jr. and Sr. Club Coaching Staff**

*The following coaches are available for private lessons:*

Nicki Fett – 218-831-5447.....fettcn@yahoo.com  
\$35/hr

Melissa Hannah – 218-831-7107.....gmhannah@q.com  
\$40/hr

Allison Hiltner – 218-828-0137.....5hiltners@brainerd.net  
\$35/hr

Rachael Hinnenkamp – 320-241-2446.....rhinnenkamp08@aol.com  
\$30/hr *\*\* Rachael is new to VFSC!*

Stacey Kruger – 218-820-2778.....staceykruger5@msn.com  
\$30/hr

Kathy Roberts – 218-537-0309.....kathkahle@yahoo.com  
\$32/hr

Lynn Wick – 218-568-5158.....blcwick@charter.net  
\$12.50/15 min. or \$25/30 min.

Christina Wilson – 822-3137.....jcrkw@msn.com  
\$30/hr

# 2011-2012 VFSC Family Service Program & Fundraisers

Welcome to the 2011-2012 Skating Season! We are excited to have you and your family as part of the Vacationland Figure Skating Club this year. VFSC is a non-profit, mostly volunteer club operated by a volunteer Board of Directors. As such, we depend on your help! All families with VFSC skaters are asked to contribute a minimum number of hours helping the club. For the 2011-2012 season, the following guidelines will be used:

## 1) Family Service Hours Requirements:

- *Snowplow Sam to Badge 3 Skaters:* 4 hours\*
- *Badges 4 to 8:* 8 hours\*
- *Jr & Sr Club:* 15 hours\*\*

These requirements are **per family** and you only need to complete the number of hours for your highest level skater. For example, if you have two skaters in Badge 5, you would be required to complete 8 hours for the season. If you have one skater in Badge 1 and one skater in Junior Club, you would be required to complete 15 hours for the season.

\* For Snowplow Sam and Badge level skaters, half of your volunteer hours should be completed during the regular skating season and half in preparation for the annual Ice Show.

\*\* For Jr & Sr Club skaters, 10 of your volunteer hours should be completed during the regular skating season and 5 in preparation for the annual Ice Show. **New for 2011-2012** - at least 2 of your regular season hours must be completed playing music during a Jr or Sr Club skating session.

- 2) **All hours must be documented** in your log to be counted. This applies whether you volunteer for Sunday night activities, play music for weekday Jr/Sr Club sessions, or work on a project away from the rink. If you forget to log your hours for an activity, it is *your responsibility* to make sure to update your records and verify that you completed the activity.
- 3) Family service hours worked for the Ice Show are not limited to show week, but may be in the capacity of a show project. Hours will be required for the show regardless of previously worked hours during the regular skating season.
- 4) If you choose to chair or co-chair an Ice Show Committee, you will not be required to complete additional volunteer hours during the skating season! Ask any board member or show chair if you have questions.

## FUNDRAISERS:

VFSC will be asking **all skating families** to participate in two required club fundraisers, with one of those being the See's candy bars. The other fundraiser can be selected by the family. These two fundraisers help us raise the money we need to operate as well as contributing to the cost of producing the annual Ice Show. In addition to the two club fundraisers, additional fundraising opportunities will continue to be made available for skaters to earn money for their skating accounts! Should you prefer not to participate in the Club fundraisers, you may "buy out" for a fee of \$125 per family.

**Please make your selections below. Sign and date the form and attach appropriate fees:**

### *Family Service Hours*

I agree to fulfill the mandatory Family Service Hours requirement as stated above. **I understand and agree I will be invoiced \$20.00 per hour that I do not fulfill.**

I prefer to "buy out" of the Family Service Hours requirement. I understand that my check is due and cashable with the registration payment.

*Snowplow Sam to Badge 3 buy-out cost:* **\$80**

*Badges 4 to 8 buy-out cost:* **\$160**

*Junior/Senior Club buy-out cost:* **\$300**

### *Club Fundraisers*

I agree to participate in both VFSC Fundraisers as stated above.

I decline to participate in VFSC Fundraisers and agree to pay the fundraising buy-out fee of \$125 per family.

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*Skater's Name*

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*Parent/Guardian Signature*

*Date*

# Parental Consent and Indemnification Agreement

I, the minor's parent and/or legal guardian, understand the nature of figure skating activities, ("activity") and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Vacationland Figure Skating Club, United States Figure Skating, it's directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants, and if applicable, owners and lessors of premises on which the "activity" takes place (each considered one the the "Releasees" herein) from all liability, claims, demands, losses, or damage on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasees may incur as the result of such claim.

\_\_\_\_\_  
(PRINTED Name of Skater)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of Parent/Guardian)

\_\_\_\_\_  
(PRINTED Name of Parent/Guardian)

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## Consent for Medical Attention or Treatment

I certify that I, the member, or I, the parent/guardian of said participant, give my consent to the Vacationland Figure Skating Club and the facility the activities are taking place in and their staff and to members of the Vacationland Figure Skating Club, their Board of Directors and volunteers to obtain medical care from any licensed physician, hospital or clinic, including transportation and emergency medical services, for myself/ourselves and/or said participant for any injury that could arise from participating in these activities.

\_\_\_\_\_  
(Name of Skater)

\_\_\_\_\_  
(PRINTED Names of Parent(s)/Guardian(s))

\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Phone)

\_\_\_\_\_  
(PRINTED Alternate contact in case of emergency)

\_\_\_\_\_  
(Phone)

This Consent for Medical Attention shall be binding and effective for the 2011-2012 membership year.

## VFSC Photograph Release

Vacationland Figure Skating Club (VFSC) may submit several skater's photographs and names for publicity purposes to local newspapers and television stations. Skaters may be photographed after competitions and their names and placement submitted for publication to the *Brainerd Daily Dispatch* and the *Lake Country Echo* (Pequot Lakes). **This is a case where the child's picture and name are published together.**

In the future, VFSC will be posting photographs of skaters on the web site. These may be in a photo gallery or on other pages as needed. **In this case we will NOT tie a name to a picture.** We may identify specific groups such as Synchro team, a show number, Sr/Jr Club, etc., but children's names will not be used.

Please specify your preference by checking and signing either the YES or NO below.

YES I, \_\_\_\_\_ give Vacationland Figure Skating Club permission  
(parent/guardian printed name)  
to use \_\_\_\_\_ name and/or pictures in various print media,  
(skater's printed name)  
newspapers, web site, and other publicity and hold Vacationland Figure skating club harmless for any issues that  
may arise due to this use.

\_\_\_\_\_  
(parent/guardian signature)

\_\_\_\_\_  
(date)

NO, I DO NOT want my child's name or picture published or used for any public purpose.

\_\_\_\_\_  
(skater's printed name)

\_\_\_\_\_  
(parent/guardian signature)

\_\_\_\_\_  
(date)

# VFSC Spring Show Release Form

The 2012 shows will be held March 24 & 25. There are no additional charges for your skater to participate in the show; show costumes are included in your contract. Below is a short list of some of the things you need to keep in mind to make a great show for your skater:

- There will be a 40-minute show practice every night at the rink during the week prior to the show. Attendance is very important during show week. This is the only time that your skater will be instructed on his/her show number. **Please plan to have your skater there for ALL practices March 18-23.**
- Each family is expected to assist during the week prior to and of the show. Please sign up to help.
- A show packet is handed out the first week in January; this will include more specific information.
- We assume every skater will be in the show. If you choose not to have your skater participate in the show, please let us know by October 23, 2011. There are no discounts for not participating in the show.

By signing below, you are acknowledging the time requirement necessary for your skater to be in the show. Also, if you have not notified us by October 23, you are granting permission for your skater to participate in the show.

\_\_\_\_\_  
*Skater's Name*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Parent/Guardian signature*

**\*\*All accounts with VFSC must be paid in full by March 1, 2012  
in order to participate in the Spring Show.\*\***

SEPTEMBER 2011

| Sunday  | Monday   | Tuesday                                 | Wednesday               | Thursday                      | Friday | Saturday                       |
|---|--|---|-------------------------|-------------------------------|--------|--------------------------------|
| Sunday Jr/Sr Off Ice Class is 5:30-6:00.<br>Monday Sr Club Off Ice Class is 7:30-8:00.<br>Movement Begins Oct 3 <sup>rd</sup> . Hot Yoga Begins Oct. 4<br>*The arena schedule is published each month on the 15 <sup>th</sup> for the next month. Once the schedule comes out an email will be sent out w Float days and Sat times. |  |   |                         | 1                             | 2      | 3                              |
| 4   | 5  | 6                                       | 7<br>Freestyle<br>6-7p  | 8<br>Freestyle<br>6:30-7:30a  | 9      | 10<br>Freestyle<br>9:30-10:30a |
| 11<br>Jr/Sr off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Jr/Sr Freestyle<br>6:30-7:30p<br><br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p   | 12<br>Sr Off Ice<br>7:30-8<br><br>Jr Club<br>7:30-8:30<br><br>Sr Club<br>8:30-9:30 | 13<br>FLOAT<br>Freestyle<br>6-7p<br>GMA | 14<br>Freestyle<br>6-7p | 15<br>Freestyle<br>6:30-7:30a | 16     | 17<br>Freestyle<br>9:30-10:30a |
| 18<br>Jr/Sr off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Jr/Sr Freestyle 2<br>6:30-7:30p<br><br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p   | 19<br>Sr Off Ice<br>7:30-8<br><br>Jr Club<br>7:30-8:30<br><br>Sr Club<br>8:30-9:30 | 20<br>FLOAT<br>Freestyle<br>6-7p<br>GMA | 21<br>Freestyle<br>6-7p | 22<br>Freestyle<br>6:30-7:30a | 23     | 24<br>Freestyle<br>9:30-10:30a |
| 25<br>Jr/Sr off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br><br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p   | 26<br>Sr Off Ice<br>7:30-8<br><br>Jr Club<br>7:30-8:30<br><br>Sr Club<br>8:30-9:30 | 27<br>FLOAT<br>Freestyle<br>6-7p<br>GMA | 28<br>Freestyle<br>6-7p | 29<br>Freestyle<br>6:30-7:30a | 30     |                                |

**Note:** Unless noted all ice is scheduled in the Civic Center.

OCTOBER 2011

| Sunday  | Monday  | Tuesday  | Wednesday                                     | Thursday                                    | Friday | Saturday                         |
|---|---|--|---|---|--------|----------------------------------|
| Unless noted all ice is scheduled in the Civic Center.  |   |  |   |   |        | 1 Freestyle<br>9:30-10:30<br>GMA |
| 2<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p  | 3<br>Off Ice &<br>Movement<br><br>Jr Club<br>7:30-8:30<br><br>Sr Club<br>8:30-9:30                    | 4<br>Hot Yoga<br>4-5pm<br><br>FLOAT<br>Freestyle<br>5-6p   | 5<br><br>Freestyle<br>6-7p                    | 6<br><br>Freestyle<br>6:30-7:30a            | 7      | 8<br><br>Freestyle<br>9-10a      |
| 9<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p  | 10<br>Off Ice &<br>Movement<br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p | 11<br>Hot Yoga<br>4-5pm  | 12  | 13<br><br>Freestyle<br>6:30-7:30a           | 14     | 15<br><br>Freestyle<br>Time TBA  |
| 16<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p | 17<br>Off Ice &<br>Movement<br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p | 18<br>Hot Yoga<br>4-5pm  | 19<br><br>Freestyle<br>@ Hallet<br>7:30-8:30p | 20<br><br>MEA<br>BREAK<br>No Morning<br>Ice | 21     | 22<br><br>Freestyle<br>Time TBA  |
| 23<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p | 24<br>Off Ice &<br>Movement<br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p | 25<br>Hot Yoga<br>4-5pm  | 26<br><br>Freestyle<br>@ Hallet<br>7:30-8:30p | 27<br><br>Freestyle<br>6:30-7:30a           | 28     | 29<br><br>Freestyle<br>Time TBA  |
| 30<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p | 31<br><br>NO<br>SKATING   | <b>NOTES:</b> Unless noted all ice is scheduled in the Civic Center.<br>Sunday Jr/Sr Off Ice Class is 5:30-6:00.<br>Monday Sr Club Off Ice Class is 7:30-8:00.<br><br>*The arena schedule is published each month on the 15 <sup>th</sup> for the next month.<br>Once the schedule comes out an email will be sent out w Float days and Sat times. |   |   |        |                                  |

NOVEMBER 2011

| Sunday  | Monday  | Tuesday                 | Wednesday                                 | Thursday                      | Friday | Saturday                    |
|---|---|-------------------------|---|-------------------------------|--------|-----------------------------|
|   |   | 1                       | 2<br>Freestyle<br>@ Hallet<br>7:30-8:30p  | 3<br>Freestyle<br>6:30-7:30a  | 4      | 5<br>Freestyle<br>Time TBA  |
| 6<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p  | 7<br>Off Ice &<br>Movement<br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p  | 8<br>Hot Yoga<br>4-5pm  | 9<br>Freestyle<br>@ Hallet<br>7:30-8:30p  | 10<br>Freestyle<br>6:30-7:30a | 11     | 12<br>Freestyle<br>Time TBA |
| 13<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p | 14<br>Off Ice &<br>Movement<br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p | 15<br>Hot Yoga<br>4-5pm | 16<br>Freestyle<br>@ Hallet<br>7:30-8:30p | 17<br>Freestyle<br>6:30-7:30a | 18     | 19<br>Freestyle<br>Time TBA |
| 20<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p | 21<br>Off Ice &<br>Movement<br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p | 22<br>Hot Yoga<br>4-5pm | 23<br>NO<br>SKATING                       | 24<br>NO<br>SKATING           | 25     | 26<br>NO<br>SKATING         |
| 27<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p | 28<br>Off Ice &<br>Movement<br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p | 29<br>Hot Yoga<br>4-5pm | 30<br>Freestyle<br>@ Hallet<br>7:30-8:30p |                               |        |                             |

**NOTES:** Unless noted all ice is scheduled in the Civic Center.  
 Sunday Jr/Sr Off Ice Class is 5:30-6:00. Monday Sr Club Off Ice Class is 7:30-8:00.

\*The arena schedule is published each month on the 15<sup>th</sup> for the next month. Once the schedule comes out an email will be sent out w Float days and Sat times.

DECEMBER 2011

| Sunday   | Monday   | Tuesday                 | Wednesday                                 | Thursday                      | Friday | Saturday                    |
|--|--|-------------------------|---|-------------------------------|--------|-----------------------------|
|  |  |                         |   | 1<br>Freestyle<br>6:30-7:30a  | 2      | 3<br>Freestyle<br>Time TBA  |
| 4<br>Jr/Sr Off Ice &<br>Jr Freestyle 5:30p<br>Jr Power 6:15p<br>Freestyle 2 6:30-<br>7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle 8:30-<br>9:30p  | 5<br>Sr. Off Ice<br><br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p | 6<br>Hot Yoga<br>4-5pm  | 7<br>Freestyle<br>@ Hallet<br>7:30-8:30p  | 8<br>Freestyle<br>6:30-7:30a  | 9      | 10<br>Freestyle<br>Time TBA |
| 11<br>Jr/Sr Off Ice &<br>Jr Freestyle 5:30p<br>Jr Power 6:15p<br>Freestyle 2 6:30-<br>7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle 8:30-<br>9:30p | 12<br>Sr Off Ice<br><br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p | 13<br>Hot Yoga<br>4-5pm | 14<br>Freestyle<br>@ Hallet<br>7:30-8:30p | 15<br>Freestyle<br>6:30-7:30a | 16     | 17<br>Freestyle<br>Time TBA |
| 18<br><br>Holiday<br>Extravaganza<br><br>No regularly<br>scheduled ice   | 19<br>Sr Off Ice<br><br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p | 20                      | 21<br>Freestyle<br>@ Hallet<br>7:30-8:30p | 22<br>Freestyle<br>6:30-7:30a | 23     | 24<br>NO<br>SKATING         |
| 25<br>NO<br>SKATING  | 26<br>NO<br>SKATING  | 27                      | 28<br>NO<br>SKATING                       | 29<br>NO<br>SKATING           | 30     | 31<br>NO<br>SKATING         |

**NOTES:** Unless noted all ice is scheduled in the Civic Center.

Sunday Jr/Sr Off Ice Class is 5:30-6:00. Monday Sr Club Off Ice Class is 7:30-8:00.

Movement begins again on January 9<sup>th</sup>!

\*The arena schedule is published each month on the 15<sup>th</sup> for the next month. Once the schedule comes out an email will be sent out w Float days and Sat times

JANUARY 2012

| Sunday  | Monday   | Tuesday              | Wednesday                           | Thursday                   | Friday | Saturday                 |
|---|--|----------------------|-------------------------------------|----------------------------|--------|--------------------------|
| 1<br>NO SKATING   | 2<br>NO SKATING  | 3                    | 4<br>Freestyle @ Hallet 7:30-8:30p  | 5<br>Freestyle 6:30-7:30a  | 6      | 7<br>Freestyle Time TBA  |
| 8<br>Jr/Sr Off Ice & Jr Freestyle 5:30p<br>Jr Power 6:15p<br>Freestyle 2 6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle 8:30-9:30p  | 9<br>Off Ice & Movement Bridge 6:30-7:30p<br>Jr Club 7:30-8:30p<br>Sr Club 8:30-9:30p  | 10<br>Hot Yoga 4-5pm | 11<br>Freestyle @ Hallet 7:30-8:30p | 12<br>Freestyle 6:30-7:30a | 13     | 14<br>Freestyle Time TBA |
| 15<br>Jr/Sr Off Ice & Jr Freestyle 5:30p<br>Jr Power 6:15p<br>Freestyle 2 6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle 8:30-9:30p | 16<br>Off Ice & Movement Bridge 6:30-7:30p<br>Jr Club 7:30-8:30p<br>Sr Club 8:30-9:30p | 17<br>Hot Yoga 4-5pm | 18<br>Freestyle @ Hallet 7:30-8:30p | 19<br>Freestyle 6:30-7:30a | 20     | 21<br>Freestyle Time TBA |
| 22<br>Jr/Sr Off Ice & Jr Freestyle 5:30p<br>Jr Power 6:15p<br>Freestyle 2 6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle 8:30-9:30p | 23<br>Off Ice & Movement Bridge 6:30-7:30p<br>Jr Club 7:30-8:30p<br>Sr Club 8:30-9:30p | 24<br>Hot Yoga 4-5pm | 25<br>Freestyle @ Hallet 7:30-8:30p | 26<br>Freestyle 6:30-7:30a | 27     | 28<br>Freestyle Time TBA |
| 29<br>Jr/Sr Off Ice & Jr Freestyle 5:30p<br>Jr Power 6:15p<br>Freestyle 2 6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle 8:30-9:30p | 30<br>Off Ice & Movement Bridge 6:30-7:30p<br>Jr Club 7:30-8:30p<br>Sr Club 8:30-9:30p | 31<br>Hot Yoga 4-5pm |                                     |                            |        |                          |

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 Sunday Jr/Sr Off Ice Class is 5:30-6:00. Monday Sr Club Off Ice Class is 7:30-8:00.

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FEBRUARY 2012

| Sunday  | Monday  | Tuesday                 | Wednesday                                 | Thursday                      | Friday | Saturday                    |
|---|---|-------------------------|---|-------------------------------|--------|-----------------------------|
|   |   |                         | 1<br>Freestyle<br>@ Hallet<br>7:30-8:30p  | 2<br>Freestyle<br>6:30-7:30a  | 3      | 4<br>Freestyle<br>Time TBA  |
| 5<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p  | 6<br>Off Ice &<br>Movement<br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p  | 7<br>Hot Yoga<br>4-5pm  | 8<br>Freestyle<br>@ Hallet<br>7:30-8:30p  | 9<br>Freestyle<br>6:30-7:30a  | 10     | 11<br>Freestyle<br>Time TBA |
| 12<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p | 13<br>Off Ice &<br>Movement<br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p | 14<br>Hot Yoga<br>4-5pm | 15<br>Freestyle<br>@ Hallet<br>7:30-8:30p | 16<br>Freestyle<br>6:30-7:30a | 17     | 18<br>Freestyle<br>Time TBA |
| 19<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p | 20<br>Off Ice &<br>Movement<br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p | 21<br>Hot Yoga<br>4-5pm | 22<br>Freestyle<br>@ Hallet<br>7:30-8:30p | 23<br>Freestyle<br>6:30-7:30a | 24     | 25<br>Freestyle<br>Time TBA |
| 26<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p | 27<br>Off Ice &<br>Movement<br>Bridge<br>6:30-7:30p<br>Jr Club<br>7:30-8:30p<br>Sr Club<br>8:30-9:30p | 28<br>Hot Yoga<br>4-5pm | 29<br>Freestyle<br>@ Hallet<br>7:30-8:30p |                               |        |                             |

**NOTES:** Unless noted all ice is scheduled in the Civic Center.

Sunday Jr/Sr Off Ice Class is 5:30-6:00. Monday Sr Club Off Ice Class is 7:30-8:00.

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MARCH 2012

| Sunday   | Monday  | Tuesday                    | Wednesday                  | Thursday                     | Friday                     | Saturday                                |
|--|---|----------------------------|----------------------------|------------------------------|----------------------------|---|
|  |   |                            |                            | 1<br>Freestyle<br>6:30-7:30a | 2                          | 3<br>Freestyle<br>Time TBA              |
| 4<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p   | 5<br>Sr. Off Ice<br><br>Bridge<br>6:30-7:30p<br><br>Jr Club<br>7:30-8:30p<br><br>Sr Club<br>8:30-9:30p  | 6<br>Hot Yoga<br>4-5pm     | 7                          | 8<br>Freestyle<br>6:30-7:30a | 9                          | 10<br>Freestyle<br>Time TBA             |
| 11<br>Jr/Sr Off Ice &<br>Jr Freestyle<br>5:30p<br>Jr Power 6:15p<br>Freestyle 2<br>6:30-7:30p<br>Sr Power 7:45p<br>Sr MIF 8:00p<br>Sr Freestyle<br>8:30-9:30p  | 12<br>Sr. Off Ice<br><br>Bridge<br>6:30-7:30p<br><br>Jr Club<br>7:30-8:30p<br><br>Sr Club<br>8:30-9:30p | 13<br>Hot Yoga<br>4-5pm    | 14                         | 15<br>NO<br>SKATING          | 16                         | 17<br>NO<br>SKATING                     |
| BRAINERD SCHOOLS SPRING BREAK  |   |                            |                            |                              |                            |   |
| 18<br><br>SHOW<br>PRACTICE   | 19<br><br>SHOW<br>PRACTICE  | 20<br><br>SHOW<br>PRACTICE | 21<br><br>SHOW<br>PRACTICE | 22<br><br>SHOW<br>PRACTICE   | 23<br><br>SHOW<br>PRACTICE | 24<br>VFSC ICE<br>SHOWS<br>1PM &<br>7PM |
| 25<br>VFSC ICE<br>SHOW<br>1PM  | 26  | 27                         | 28                         | 29                           | 30                         | 31                                      |
| <p><b>NOTES:</b> Unless noted all ice is scheduled in the Civic Center.<br/>           Sunday Jr/Sr Off Ice Class is 5:30-6:00. Monday Sr Club Off Ice Class is 7:30-8:00.<br/>           *The arena schedule is published each month on the 15<sup>th</sup> for the next month. Once the schedule comes out an email will be sent out w Float days and Sat times.</p> |   |                            |                            |                              |                            |   |