

Indiana World Skating Academy

Off – ice Training Classes



IWSA is offering an eight week series of classes to supplement skaters' regular training program. The classes' contents are described below and classes will be offered on a rotating basis. The rotation is to give a rounded training program while making it more interesting for the skater. The classes are:

Conditioning: A total body workout utilizing the method of high repetitions with low hand weights to increase strength without adding bulk.

Core Barre: Combines elements of ballet with the core strengthening of Pilates. This class has three sections: Barre work, center floor work, and core strengthening abdominal exercises.

Zumba Strength: The heart pumping fun dance moves of Zumba combined with light weights to give you a total body cardio workout that defines your arm muscles along the way...all set to the rhythmic beats of Latin music.

Instructor: Margaret Medley

Trained in classical ballet, jazz, and tap with the Academy of Dance Arts and Gregory Hancock
Certified ACE fitness instructor with additional studies in Pilates, strength and conditioning, and Zumba.

Dates: Mondays: September 13, 20, 27, October 4, (skip 11), 18, 25, November 1, 8
Thursdays: September 16, 23, 30, October 7, 14, (skip 21), 28, November 4, 12

Time & Location: IWSA Classroom, 6:00 pm. – 7:00 pm.

Cost: \$65 for one class/week (Registration and payment deadline September 6.)
\$120 for two classes/week (Registration and payment deadline September 6.)
\$10 per class – walk on rate. (A missed class can be made up on another day within the same session.)
Gym shoes, ballet slippers, and yoga mat recommended.

Name: _____ Age: _____ Phone: (eve) _____

Parent's Name: _____ E-mail: _____

Address: _____

Class(es): Monday _____ Thursday _____ Both _____

**INDIANA/WORLD SKATING ACADEMY, INC.
WAIVER RELEASE OF LIABILITY AND CONSENT
TO MEDICAL ATTENTION**

In exchange for my being allowed to participate in the Off Ice Training Classes (“Activity”) to be held at the facilities of the Indiana/World Skating Academy, Inc., Indianapolis, IN (“IWSA”), I am, if I am not yet 18 years old, my parent or legal guardian (individually and collectively referred to below as “Participant”), agree to be bound to each of the following:

1. Obligation to Inspect Facilities and Equipment. Participant agrees that prior to participating in the Activity, Participant will inspect the facilities and equipment to be used. If Participant believes anything is unsafe, Participant will immediately advise his/her coach or supervisor and IWSA of such unsafe conditions(s) and refuse to participate in the Activity.
2. Identification of Risks. Participant understands that participation in the Activity involves risk of serious injury, including permanent disability and death, and other losses, both to person and property. Participant understands that these injuries and losses might result from the actions, inactions, negligence, or conduct of others, the rules of the Activity, or the condition of the premises or of any equipment used.
3. Assumption of Risk. Participant assumes all risks, known and unknown, in any way connected with his/her participation in the Activity. Participant accepts personal responsibility for any liability, injury, loss, or damage in any way connected with his/her participation in the Activity.
4. Waiver and Release. Participant waives, releases, and holds harmless IWSA, KRG/CP Pan Am Plaza, LLC (the owner of the IWSA premises), KRG Management, LLC (the manager of the premises), Pan Am SCE I (owner of office tower and support space), and each of their affiliated clubs and organizations, directors, officers, sponsors, employees, volunteers, agents, successors, and assigns from all claims for any liability, injury, loss, or damage in any way connected with his/her participation in the Activity (excepting that caused by the sole and gross negligence of any of the organizations or individuals mentioned above). Participant intends for this waiver and release also to apply to any relatives, personal representatives, heirs, beneficiaries, next of kin, or assigns who might pursue any legal action or claim for such liability, injury, loss, or damage.
5. Consent to Medical Treatment. Participant agrees that the Academy may provide to Participant, through medical personnel of its choice, customary medical or training assistance, transportation, and emergency medical services. This consent does not impose, however, a duty upon the Academy to provide such assistance, transportation, or services.
6. Photo Release. Participant hereby gives permission to the Academy to use any photograph or likeness of Participant and/or minor child(ren) for promoting, publicizing, and advertising IWSA and its programs. IWSA is hereby released from all claims for financial compensation, now and in the future, for its use of any such photograph or likeness.

PARTICIPANT HAS READ THIS WAIVER, RELEASE AND CONSENT. PARTICIPANT UNDERSTANDS THAT S/HE HAS GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING THIS WAIVER, RELEASE AND CONSENT VOLUNTARILY.

-----Printed Name-----Signature-----Date

If Participant is not yet 18 years old, a parent or legal guardian must sign below (in addition to the minor Participant’s signature above).

As parent or legal guardian of the above-named minor Participant, I verify that I fully agree to, understand and accept all provisions of this Waiver, Release and Consent.

-----Printed Name-----Signature-----Date