ICE WORLD
Maryland's Premier Ice Skating and Hockey Facility

register online!

www.iceworld.com

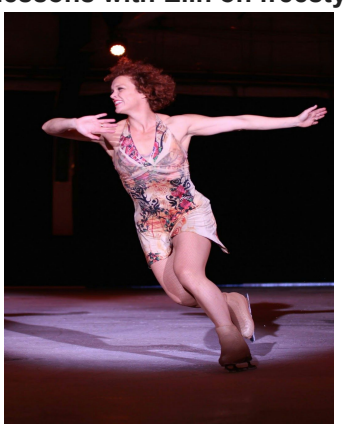
"ICEFLOW"

Breathe. Stretch. Flow.

ADULT SKATING SEMINAR With Elin Schran ❄ March 5, 2016 7:30 am - 10:15 am

IceFlow is a gentle yoga inspired edge class designed specifically for adult skaters of all skill levels from beginner to professional. Connect leaning, twisting and stretching movements with the breath as we flow with each other across the ice to music.

7:30 am – **Off-ice Class Warm Up (45 minutes)**
8:30 am – **Question and Answer Session with a coffee/snack break (30 minutes)**
9:15 am – 10:15 am - **Ice Flow Class (60 minutes)**
Limited slots available for private lessons with Elin on freestyle sessions following the seminar



Elin Schran founded the Boston Ice Theater, a professional ensemble company, in 1999, to create new movement possibilities for the ice and to convey the joy of skating to the audience. As a choreographer and director, she designed the company's numbers and also performed in every show. The ensemble of up to sixteen skaters worked together for five years performing in a wide variety of venues.

In 2004 Elin co-founded Frozen Frog Productions with LeAnn Roughley. The company specializes in developing high-energy shows that combine on-ice action with non-ice performers such as world acclaimed acrobats, musicians, and dancers. Frozen Frog is known for its polished "wow factor" custom shows for corporate, as well as private, clients who want to bring an added element of excitement to their events. Elin choreographs, directs and performs for all of the company's projects.

She also works as an Independent Choreographer, sought out by high level competitors and show producers for her creativity and positive attitude. Elin's multi-faceted approach to skating is fed not only by her practical experience as a skater in many shows, including Dorothy Hamill's Ice Capades, but also by a theoretical understanding of the creative process evidenced by her Master's degree in Critical and Creative Thinking.

Elin leads her IceFlow classes at MIT in Boston. She will be skating in the opening of the World Figure Skating Championships in Boston at the end of March of this year.

ICEFLOW REGISTRATION

****LIMITED SPACES, REGISTER EARLY! DEADLINE FEBRUARY 21st** (Late Fee $5.00)**

YOU WILL BE ENTERED FOR A CHANCE TO WIN CLOTHING FROM BORN TO SKATE!

(Late registrations will not be entered into the drawing)

- Off-ice class will begin promptly at 7:30 am
- Locker rooms available
- Beverages and snacks will be provided
- Bring a yoga mat or towel
- Limited private choreography lessons with Elin available March 4-6, 25 minutes or 50 minutes
- Register by February 21st and you will automatically be entered for a chance to win clothing from Born to Skate!
- On-Line Registration is Now Available! Get the link on the homepage at www.iceworld.com
- Questions? Contact Heather Piepenburg, Skating Director at 410-612-1000 x101
  or e-mail skating@iceworld.com, Fax: 410-612-1004

Name:_____

Emergency Contact:_____ Phone Number:_____

Address:_____ City:_____ State:_____ Zip:_____

Home Phone:_____ Cell Phone:_____

E-mail :_____Skating Level:_____

PLEASE CHECK: ▢ Off Ice Warm Up, Question & Answer Session, On Ice Class $40.00 ▢ Late Fee $5.00

▢ Private 50 Minute Lesson $60.00 ▢ Private 25 Minute Lesson $30.00

***CHOOSE PREFERRED PRIVATE LESSON DATE & TIME (CIRCLE ONE):**

*1ST: 3/4 - 3:30pm/ 4:30pm/ 5:30pm| 3/5 - 10:30am/ 11:30am| 3/6 - 7:30am/ 8:30am/ 9:30am/ 10:30am

*2ND: 3/4 - 3:30pm/ 4:30pm/ 5:30pm| 3/5 - 10:30am/ 11:30am| 3/6 - 7:30am/ 8:30am/ 9:30am/ 10:30am

*3RD: 3/4 - 3:30pm/ 4:30pm/ 5:30pm| 3/5 - 10:30am/ 11:30am| 3/6 - 7:30am/ 8:30am/ 9:30am/ 10:30am

Freestyle Sessions not included in private lesson fee, please pay Ice World cashier

METHOD OF PAYMENT: ▢ CREDIT CARD* ▢ CHECK (#_____) Make check payable to ICE WORLD ▢CASH

*If Credit, Circle One: Visa M/C Discover Amex # _____

Exp. date: _____ Security Code:_____

OFFICE USE: AMT. PAID_____ Initials:_____ Date:_____

ASSUMPTION OF RISK AND RELEASE

Upon entering events sponsored by Ice World &/or agents or affiliates, I/We agree to abide by the rules of Ice World as currently published. I/We understand and appreciate that participation or observation of ice skating constitutes risk of serious injury or death. I/We voluntarily and knowingly recognize, accept and assume this risk and release Ice World, Ice Partners 1, LLC, Sponsors, or event organizers and officials from any and all liability therefore. I hereby grant permission to the Ice Partners 1, LLC doing business as "Ice World" to photograph and or videotape my child/me and use any photographs or videos they may take of my child/me on its web site or in other official printed or televised publications (including press releases, advertisements, or application forms) without further consideration or permission from me. I understand that these photographs or electronic matter are the property of Ice World. I hereby waive any right to inspect or approve the photographs or electronic matter that may be used in conjunction with the photographs or videos now or in the future, whether that use is known to me or unknown. I also waive any right to royalties or other compensation arising from or related to the use of the photographs or videos.

DATE:_____ Signature:_____