

City of Saratoga Springs Program Information Form

Name of program/class: SkateFit

Sport code (in Max Registration): 2016 Winter Program

Season(s) (in Max Registration): 2016 Winter Program

Class/Program runs: Begin date: Jan 8, 2016
End date: Feb 26, 2016

Day of week/Time: _____

Costs: Early Bird Registration City Resident: \$70 _____
Early Bird Registration School District Resident: \$90 _____
Early Bird Registration Non-School Resident: \$90 _____
After Early Registration City Resident: \$95
After Early Bird Registration School District Resident: \$115
After Early Bird Registration Non-School Resident: \$115

Ages: Min: 18
Max: n/a

Enrollments: Min: 4
Max: 12

Location/Site/Room: Saratoga Springs Ice Rinks
(if applicable)

Online Info.:

SkateFit is an on-ice conditioning class for ice skaters. The objective of the class is to build strength, balance, and stamina while having fun on the ice. This class will utilize resistance bands, cones and yoga mats as part of the workout. All ages 18 and up are welcome. Must be able to skate forwards, backwards and confidently stop.

Additional information/Special reminders:

Program Coordinator Signature Jill Ramos Date: _____



City of Saratoga Springs' Recreation Department Application for Recreation Department Programming

15 Vanderbilt, Saratoga Springs, NY 12866
Tel: (518) 587-3550 ext. 2307

Applicant Name: Recreation Department program
Applicant Address: _____
Applicant Telephone Number: _____ Cell Number: _____

Name of Proposed Program: SkateFit
Skill Level of Proposed Program: (Basic – Advanced) Basic - Advanced

Description of Proposed Program Including Proposed Goals and Objectives: (Please attach documentation of the proposed activity showing as much detail as possible describing what the program's goals and objectives are.)
The purpose of CoreFit is to provide an outlet for skaters of all ages and abilities to combine the benefits of a cardio on ice workout with core, balance and strengthening exercises.

Equipment Utilized for this Program: (If you will be using your own equipment for this program, you will be required to provide proof of Commercial General Liability Insurance in the amount of One (1) Million Dollars per Occurrence with a Two (2) Million Dollar Aggregate naming the City of Saratoga Springs as an Additional Insured upon approval of your program application.) The ice rink will be utilized for this program. Resistance bands and small cones will be needed for some exercises. Ice skates will be required for on-ice sessions and can be rented from the ice rink's pro shop if necessary.

Are there any special requirements for this program? If yes, what are they? The Recreation Department will supply someone to collect rental money and supervise the session.

Are there any safety requirements for this program? If yes, what are they? There are no safety requirements for this program. Participants can decide on their own if they want to wear any safety equipment.

Are there any special clothing requirements for this program? If yes, what are they? There are no special clothing requirements.

Proposed Length of Program: (Days, Weeks, Months) This program will begin in the winter and run for 8 weeks.

How many times per week will this program take place? The program will initially take place 1 day per week.

Which times/days of the week are you proposing for this program? The class will take place on a weekday morning at 8:30am. Each class will be 30 min long.

Time needed for set up and cleanup: 15 min will be needed before each session to clean the ice. 30 min will be needed before each session to put out supplies, rent skates, do sharpenings, and take attendance. 15 min will be needed at the end of each session to put away supplies and rental skates.

Anticipated Number of Participants: Anticipated initial number of participants is 8. This number will go up as word of the program gets out. A minimum of 4 participants will be needed to run this program.

Anticipated Age Range of Participants: The anticipated age range is 18 years and up.

How much will each participant be charged for the program? Participants will be charged the following: Early Bird Registration Fee - Saratoga Springs City Resident - \$70/session; Early Bird Registration Fee - Saratoga Springs School District Resident - \$90/session; Early Bird Registration Fee - Non-city Resident - \$90/session. After Early Bird Registration Fee - Saratoga Springs City Resident - \$95/session; After Early Bird Registration Fee - Saratoga Springs School District Resident - \$115/session; After Early Bird Registration Fee - Non-city Resident - \$115/session. Skate rentals will be available for \$4/ class.

What fee are you requesting to be paid for your services for this program? The instructor(s) will be paid a fee of \$16/hour.

(Please note that you will be required to obtain proof of NYS Statutory Workers Compensation or a waiver of same for your services for this program.)

Signature of Applicant: _____

Date: _____

Required Approvals/Dates: (If rejecting, please indicate reasons.)

Program Coordinator/Date: Approve/Reject _____

Recreation Program Committee/Date: Approve/Reject _____

Recreation Commission/Date: Approve/Reject _____

Risk and Safety Management/Date: Approve/Reject _____

City Attorney/Date: Approve/Reject _____

City Council/Date: Approve/Reject _____

No Meeting in Sept.
[Signature]

Program Name:

	Number	Budgeted	Projected	Actual	Budget Variance
Income					
Registered Participants @ \$70 (assuming all City residents)	4		\$280.00		\$0.00
Donations (List each donation separately)					\$0.00
Grant Monies (List each grant separately)					\$0.00
Sponsorships (List each sponsorship separately)					\$0.00
Total Income		\$0.00	\$280.00	\$0.00	\$0.00
Expenses					
Equipment: Resistance Bands Will be used over multiple years			\$100.00		\$0.00
Equipment: Cones @ \$2 each Will be used over multiple years	12		\$24.00		\$0.00
Independent Contractors Fee					\$0.00
Leasing Fees					\$0.00
Marketing			\$100.00		\$0.00
Miscellaneous Rental Fees					\$0.00
Staffing Skating Program Assistant @ \$16/hour			\$128.00		\$0.00
Supplies					\$0.00
Total Expenses		\$0.00	\$352.00	\$0.00	\$0.00
Profit		\$0.00	(\$72.00)	\$0.00	\$0.00

SkateFit Class Breakdown

Dynamic Warm-Up:

- Forward swizzles with arms
- Forward swizzles with twist
- Backward swizzle with arms
- Stroking
 - o Straight stroking or Forward Power Stroking (Beginner)
 - o Forward & backward Power Stroking (Advanced)

Beginning Stretches

- Neck Stretches
- Shoulder Rolls
- Arm Circles
- Single Arm Pulls
- Chest Opener
- Overhead Tricep Stretches
- Trunk Rotation
- Leg Swings/Hip Warmup
- Crossed Leg Hamstring Stretch (or on barrier)
- Single Leg Quad Pull
- Achilles Toe Stretch
- Spiral Stretch

Cardio

- Pumps or crossovers on circle
- Slalom or power pulls (Forward & Backward)
- Skating down the sides w/ double crossovers around the ends
- Forward & backward sprints around circle (slow for 5, fast for 15)
- Suicides

Balance & Strength

- Dips and/or Shoot the Duck
- Alternating Lunges
- Alternating spirals
- Lunges to spirals
- Spirals to dips or shoot the duck
- One foot exercises

SkateFit Class Breakdown (cont):

Strengthening

- Bicep curls w/ resistance band
- Front Raise w/ resistance band
- Planks or push-ups
 - o Forward and side
- Bent over Row w/ resistance band

Core

- The Hundred
- Roll-Ups
- Single Leg Stretch
- Russian Twists
- Straight Leg Stretch
- Side twists w/ legs in table top

Cooldown Stretches

- Neck
- Shoulder Rolls
- Single Arm Pull
- Chest Opener
- Tricep Stretches w/ resistance band
- Side Stretches
- Hamstring
- Butterfly
- Hip Flexor
- Figure 4
- Piriformus
- Straddle w/ side bend
- Spine Twist
- Quad
- Achilles