



## EDGE DEVELOPMENT

STRENGTH. POWER. BALANCE. AGILITY.

**Fall 2019 & Winter 2020**

**10-week sessions @ Cambrian Arena**

A 45-minute session, with Marianne Laporte-Wilson, geared towards hockey and ringette players seeking to build a solid skating foundation and improve their skating skill, balance and edge awareness.

Exercises will include the following key concepts: knee bend, power, forward and backward inside and outside edges & crossovers, turning, and stopping.

**Full equipment is required, including stick. This program is NOT a learn to skate program!**

**Space is limited, contact us today!**

**Fall Session: October – December    Winter Session: January - March**

<b>House league &amp; Rep A Level</b>	Thursday - 7:15 – 8:00 pm	Start Dates: Oct 3 <sup>rd</sup> & Jan 2 <sup>nd</sup>
<b>Elite: AA &amp; AAA Rep Level</b>	Wednesday – 7:45 – 8:30 pm	Start Dates: Oct 2 <sup>nd</sup> & Jan 8 <sup>th</sup>
<b>NEW for Winter: Beginner*</b>	Sunday – 2:15 -3:00 pm	Start Dates: Jan 5 <sup>th</sup>

*\*Beginner level may register for 5 or 10 sessions, drop-in option not applicable*

<b>COST*</b>		
Fall <b>AND</b> Winter	20 weeks	\$450 + \$50 Insurance & Club Admin Fee
Fall <b>or</b> Winter	10 weeks	\$250 + \$50 Insurance & Club Admin Fee
Fall <b>or</b> Winter	5 weeks	\$150 + \$50 Insurance & Club Admin Fee
Fall <b>or</b> Winter	Drop-In	\$35 + \$50 Insurance & Club Admin Fee

All withdrawals are subject to a \$50 non-refundable Insurance and Club Administration Fee.  
Cash, Cheque or E-Transfer to [info@sudburyskatingclub.com](mailto:info@sudburyskatingclub.com). **Cheques made payable to: Sudbury Skating Club**  
**Please use 'skating' as the e-transfer password.**

Skater's Full Name: \_\_\_\_\_ Birthdate(mm/dd/yy): \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

I give my permission to be contacted by email: **Yes No** Email: \_\_\_\_\_

Current Level & Team: \_\_\_\_\_ Number of Years Skating: \_\_\_\_\_

Skating Day and Session (Please circle skating day and check number of sessions):    Beginner (Sun)    HL & RepA (Thurs)    Elite (Wed)

Fall Session		Winter Session	
10 weeks	<input type="checkbox"/>	10 weeks	<input type="checkbox"/>
5 weeks	<input type="checkbox"/>	5 weeks	<input type="checkbox"/>
Drop In	<input type="checkbox"/>	Drop In	<input type="checkbox"/>

**\*Sessions are not transferable from Fall to Winter.**

SSC can use my image (photo or video) to promote club events and activities on the SSC website, or other SSC social media sites (circle): **Yes No**

Sudbury Skating Club and/or its coaches are not responsible for loss or damage – however caused– and agrees to release the club and coaches from any and all damages or claims which may arise as a result of such accident or loss. The city has the right to cancel our ice time due to tournaments or special events. The sessions will be made up but sometimes unavoidably it cannot be done at the regular time or day for the session.

Signature of parent or guardian \_\_\_\_\_