



## **EDGE & SKATING DEVELOPMENT**

**STRENGTH. POWER. BALANCE. AGILITY.**

*A 45-minute session 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!**

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

***This program is for advanced skaters to improve their skating skills and edge quality.***

<b>MARCH 27<sup>th</sup> to MAY 15<sup>th</sup></b>
Wednesdays
Countryside Arena - 8:00 – 8:45 pm
<i>*First session will be at Cambrian Arena at 7:45 – 8:30 pm</i>

<b>COST</b>	
8 weeks	\$240 + \$40 Skate Canada Fee
5 weeks	\$180 + \$40 Skate Canada Fee
Drop-In	\$40 + \$40 Skate Canada Fee

**NOTE: April 17<sup>th</sup> and May 1<sup>st</sup> will be 7:30 – 8:15 pm at Countryside Arena**

*\$40 Skate Canada fee is a one-time annual fee for insurance purposes.*

*All withdrawals are subject to a \$50 non-refundable Skate Canada and Club Administration Fee. Cash, Cheque or E-Transfer to [info@sudburyskatingclub.com](mailto:info@sudburyskatingclub.com). **Cheques made payable to: Sudbury Skating Club***

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: \_\_\_\_\_

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