



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 is not a Learn to Skate session, skating experience is required.

Must be a minimum of 6 years of age to participate.

Sunday Session – Playground & House League Level Cambrian Arena - 2:15 – 3:00 pm Session 1 begins: October 7 th Session 2 begins: January 6 th	Thursday Session – A, AA, AAA Rep Level Cambrian Arena - 7:15 – 8:00 pm Session 1 begins: October 4 th Session 2 begins: January 3 ^d
---	---

Package Options	
<i>Drop-In Rate</i>	<i>\$30/session (+\$40 Skate Canada annual fee)</i>
5 weeks	<i>\$175 (+ \$25/additional session)</i>
10 weeks	<i>\$250</i>
20 weeks	<i>\$450</i>

Registration Dates - Countryside Arena

Wed, Sept. 12 – 5:00 pm to 7:00 pm

Mon, Sept. 17 – 5:00 pm to 7:00 pm

Sun, Sept. 23 – 11:00 am to 1:00 pm

Wed, Sept. 26 – 6:00 pm – 8:00 pm

Registration Dates - Cambrian Arena

Sun, Sept. 30 – 11:00 am to 1:00 pm

Team rate is available upon request. Please contact: info@sudburyskatingclub.com

All withdrawals are subject to a \$50 non-refundable Skate Canada and Club Administration Fee.

Cash, Cheque or E-Transfer to info@sudburyskatingclub.com. **Cheques made payable to:** Sudbury Skating Club

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

Address: _____

Phone Number: _____ Cell phone: _____

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