

SKATING TECHNIQUES

STRENGTH. POWER. BALANCE. AGILITY.

SPRING SESSION – Apr. 15th – Jun. 10th, 2018

A 1-hr session geared towards hockey and ringette players seeking to 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!

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

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

Skating Day: Sunday at Cambrian Arena **Cost*:** 8 sessions = \$225, 4 sessions = \$150

Schedule:

Sunday, April 15th - 1:00 - 2:00 pm - Countryside Monday, April 23rd - 6:00 - 7:00 pm - Cambrian Sunday, April 29 - 5:00 - 6:00 pm - Cambrian Saturday, May 5th - 4:15 - 5:15 pm - Countryside Sunday, May 13 - 10:45 - 11:45 am - Countryside Monday, May 21 - 6:15 - 7:15 pm - Countryside Sunday, May 27 - 5:45 - 6:45 pm - Countryside Sunday, June 10 - 5:00 - 6:00 pm - Countryside
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**There is an additional fee of \$40 for those not yet registered with Skate Canada*

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

 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: _____

Weeks attending (please circle): 8 weeks 4 weeks

Registration Fee:

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.

 Signature of parent or guardian