



NEW 10-WEEK SESSION!

SKATING TECHNIQUES

STRENGTH. POWER. BALANCE. AGILITY.



Session 1 - October 1st – December 17th, 2017

Session 2 - January 7th – March 25th, 2018

A 45-minute 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! To add flexibility, we are offering this program over 12 weeks, with the option of choosing your preferred 10 weeks. The desired 10 weeks must be chosen at registration and declared on the registration form.

Space is limited, contact us today!

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

Must be a minimum of 7 years of age to participate.

Your session will be determined based on ability at the discretion of the instructor.

Skating Day: Sunday at Cambrian Arena **Cost:** \$240*

Time: 1:15 – 2:00 pm

Registration Dates @ Cambrian

December 3rd – 11:00 am to 1:00 pm

December 13th – 5:00 pm to 7:00 pm

December 28th – 4:00 am to 5:30 pm

*1 session (10 weeks) = \$240, 2 sessions = \$440.

You can participate in all 12 sessions for \$280.

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

NOTE: There will be changes to the schedule due to ice cancellations beyond our control.

For more information please contact info@sudburyskatingclub.com

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 10): 1 2 3 4 5 6 7 8 9 10 11 12

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