

Chelmsford Adult Instructional Hockey Winter 2012



CHELMSFORD ADULT INSTRUCTIONAL HOCKEY is an 80-minute program designed to teach introductory adult skaters the basics of hockey through a combination of skills training and game play. Chelmsford Adult Instructional Hockey is the perfect way for adults with little or no hockey experience to get into the game or for former players looking to get back and shake the rust off.

PROGRAM DETAILS

Learn the basics of skating in this fun and comprehensive class designed for adults with little or no hockey experience. Players will learn introductory skills including individual skating and puck skills, as well as more advanced concepts such as break-outs, forechecking, transitional play and offensive and defensive concepts.

Game play is also used as a teaching technique to complement individual skill work, enabling participants to apply the skills they have just learned in a controlled scrimmage format with instructors on ice to help correct and encourage proper technique and game play. It is the ideal way to build the knowledge, aptitude and confidence necessary to transition to organized recreational hockey.

PROGRAM HIGHLIGHTS

- 80-minute classes
- 8 week courses
- Fundamentals development
- Professional coaching staff
- Basic skills and team work
- Structured game play
- Practice jersey included
- Weekly walk-on rate available



Chelmsford Forum

2 Brick Kiln Road, N. Billerica, MA, 01862

1-888-74-SKATE (Toll Free) 978-670-3700 (Arena)

www.fmcicesports.com

Chelmsford Registration Form

Register by mail, in arena or online!

Form must be fully completed. Space is limited and is available on a first come first serve basis.

Name: _____ D/O/B _____

Address: _____

City: _____ State: _____ Zip: _____

Phone:() _____ E-mail: _____

Session: Winter (1/8-2/26) Spring I (3/4-4/22)



Walk-on Rates Available!

An ideal option for those who want to Learn to Play but have busy schedules. Only \$25 per walk-on!

Check the box of the program that you wish to register for.

Session	Day	Dates	Time	Weeks	Cost	Code	
Winter	Sunday	1/8-2/26	8:50-10:10p**	8 wks	\$189	13-ADLT-INS-300	<input type="checkbox"/>
Winter	Sunday	3/4-4/22	8:50-10:10p	7 wks*	\$165	13-ADLT-INS-400	<input type="checkbox"/>
Walk-on Rate	Sunday	1/8-4/22	8:50-10:10p	1 wk	\$25	13-ADLT-INS-WLK	<input type="checkbox"/>

*No class 4/8

**2/26 class time change 9:10-10:30p

Please let us know how you learned about our program. If appropriate, select more than one:

- Referred by Coach
 Newspaper
 Website
 At the Rink
 E-mail Notice
 Word-of-mouth
 Mailing
 Phone Call
 Other

WAIVER: I, the undersigned, do hereby acknowledge that in consideration of my participating in any way in Adult Hockey may be exposed to risk of injury that is inherent in ice skating programs. I hereby acknowledge that Facility Management Corporation, FMC Ice Sports staff is not responsible for any damage or injuries that result from my participation in this program. I grant to FMC Ice Sports, its representatives and employees, the right to take photographs of me in connection with the above-identified ice sports program(s). I agree that FMC Ice Sports may use such photographs for any lawful purposes, including for example such purposes as publicity, illustration, advertising, and Web content.

Player Signature

Date

REGISTER BY MAIL, ONLINE OR AT THE ARENA

To register by mail, complete the registration form and mail it with payment (check or money order) to the address below. To register at the arena, bring the completed registration form and payment to your local rink. To register online, simply go to www.fmcicesports.com

FMC Ice Sports • 100 Schoosett St., Building #3 • Pembroke, MA 02359