

Power Stroking Class

Spring: March 4th - April 22nd
Sundays: 4:40 - 4:50 pm*



Take your skating to the next level! This high intensity, on-ice conditioning class has multiple focal points: strengthening stroking technique, and developing power, flow, and edge quality. This course is great for the intermediate level skater (Step 3: Ice Skating Essentials) through advanced!

Form(s) must be completed in full by a parent or guardian and returned to your skating instructor. Incomplete forms will not be processed. One form per skater. Please see your Skating Director with any questions. Prerequisite: Skaters who have passed or are currently enrolled in Step 3: Ice Skating Essentials (formerly known as Figure Skating Fundamentals).

Registration

Skater's Full Name: _____ Level: _____

Gender: _____ Age: _____

Address: _____ City/Zip: _____

Phone Number: _____ Emergency Number _____

Parent / Guardian: _____

I am registering for: Spring I (Mar. 4 - Apr. 22) _____

*No class April 8th

Cost of Class: **\$30 for an 7 week season**

Check / Money Order enclosed made payable to "FMC Ice Sports"

Check amount \$ _____ Check number: _____



WAIVER: I, the undersigned, do hereby acknowledge that my child, by participating in the Power Stroking Class, may be exposed to risk of injury that is inherent in ice skating programs. I hereby acknowledge that Facility Management Corporation and the FMC staff are not responsible for any damage or injuries that result from their participation in this program.

Parent/Guardian Signature

Date

Smead Arena
1780 Roosevelt Avenue, Springfield, MA
1-888-74-SKATE (Toll Free) 1-413-781-2599(Arena)
www.fmcicesports.com

