

# Power Stroking & Fun Moves Combo Class

Register for the 5:00pm Freestyle Practice Ice and save \$10 on this program!

**Spring I: February 28th - March 27th**  
**Tuesdays 6:00-6:40 pm**

Take your skating to the next level! This on-ice conditioning class has multiple focal points: strengthening stroking technique, developing power, flow, and edge control, as well as over-all presentation by incorporating attitude spins and other fun elements. This course is great for the intermediate level skater (Step 3: Ice Skating Essentials) through advanced!

\*Register for Power Skating and Fun Moves Combo Class and Freestyle Practice Ice and save!



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.

## Registration

Skater's Full Name: \_\_\_\_\_ Level: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Emergency Number: \_\_\_\_\_

Parent / Guardian: \_\_\_\_\_

Please choose your program:

Power Stroking/Fun Moves Spring I (\$80 for 5 weeks): \_\_\_\_\_

Power Stroking/Fun Moves Spring I (\$70 for 5 weeks) when you pre-register for the 5:00pm Freestyle Practice Ice \_\_\_\_\_

I am already pre-registered for the 5:00pm Freestyle Practice Ice \_\_\_\_\_

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

Check amount \$ \_\_\_\_\_ Check number: \_\_\_\_\_

WAIVER: I, the undersigned, do hereby acknowledge that myself or my child, by participating in the Power Stroking and Fun Moves Combo Class/Freestyle Practice Ice, 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



**Gardner Veteran's Arena**  
45 Veteran's Drive, Gardner MA 01440  
1-888-74-SKATE (Toll Free) 978-632-4310(Arena)  
www.fmcicesports.com

