



Summer 2009

Figure Skating Circuit Training

Moves In The Field

&

Freestyle Skills

Program Description / Introduction:

An exciting new program for our figure skaters (Basic 5 and up). Designed for the skater to explore the different facets of figure skating in a circuit setting. A circuit setting allows the skater to experience different coaches and explore programs beyond our Learn to Skate Program such as Synchronized Skating as well as Chagrin Valley Figure Skating Club. One hour of the rotating coaching circuit will give each student 20 minutes of instruction on topics such as spins, jumps, footwork sequences, ice dancing and more!

Program Dates & Times:

Wednesdays: 5:20 – 6:20pm

- Session 1: June 10,17, (no 24th) July 1,8,15**
- Session 2: July 22,29 August 5,12,19**

5 week Sessions \$80
Walk On Rate \$20

Contact Elisa@SkateAtThePond.com

***An hour of
Instruction
Meet our
coaches &
explore the
different
programs and
facets of
Figure skating***

NAME _____

AGE _____

STREET ADDRESS _____

CITY _____

STATE/ ZIP _____

EMAIL ADDRESS _____

Checks made payable to **The Pond**: Mail to **The Pond, 9999 E. Washington St., Auburn Twp., OH 44023**

VISA or MC# _____ exp. _____ Amount Paid
\$ _____

In consideration of being allowed to participate in any skating/sports programs and related events at The Pond, the undersigned acknowledges, appreciates and agrees that: The risk of injury from the activities involved in these programs is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases (as defined below) or others, and assume full responsibility for my participation. I willingly agree to comply with any rules and regulations of the facility. If, however, I observe any unusual significant hazard in participation, I will bring such hazard to the attention of the earnest official immediately. I, for myself, and on behalf of my heirs, assigns, personal representatives and next-of-kin, hereby release and hold harmless The Pond and their managers, officers, employees and advertisers (collectively "releases"), with respect to any and all injury, disability, death or loss or damage to person or property, whether arising from the negligence of the releases or otherwise. I have read the release of liability and assumption of risk agreement, fully understand its terms and understand that I have given up substantial rights by signing it freely and voluntarily without any inducement.

PARTICIPANT'S SIGNATURE _____ DATE _____

8 weeks with instruction \$101.00

Walk on Rate \$16.00 per class
Contact Elisa@SkateAtThePond.com

New.... Learn To Figure Skate Plus Registration Form