



New...After School Starter & Developmental Hockey

NEW FOR 2018 An After School Hockey Program two days a week with all the conveniences, making Hockey your new and favorite sport!



Hockey Skills!

- Equipment Package included for the session
- Private Locker Room dedicated to our After School Program giving each skater a cubby to keep equipment and get ready for class.
- Transportation (one way) from your school to The Pond, parent pick up@5:45
- A Counselor to help your skater fitted, laced and dressed for Hockey
- Official Training partner to The Cleveland Monsters

This program is beneficial for: 2 levels of Hockey

- 1. Beginning skaters & future Hockey players (age 6 and up).
- 2. Developmental levels looking for extra training after school with on ice and off ice synthetic practice

After School Hockey Program Itinerary:

- 3:10 - 3:30 Check in and snack time (on site concessions)
- 3:30 - 3:45 Dress for class in Locker Room
- 3:50 - 4:45 On ice coaching (2 separate levels)
- 4:45 - 5:15 Synthetic Ice training: Treadmill conditioning as well as stick handling skills

* **Check synthetic treadmill training on YouTube**

2018 DATES & TIMES FOR TUESDAYS & THURSDAYS

- () Winter 2 Session \$175 (11 classes) November 13 –December 20
- () Winter 3 Session \$190 (12 classes) January 8 – February 15
- () Spring 1 Session \$190 (12 classes) February 19 – March 28
- () Spring 2 Session \$160 (10 classes) April 2 to May 2
- () Spring 3 Session \$130 (8 classes) May 7 to May 30

REGISTRATION & FEES: \$190 FOR 12 CLASSES

Includes Coaching on and off ice, use of Equipment Package, Private locker room for storage convenience, Training on Ice surface, Skating Treadmill and Synthetic Ice.

- [] Skate rental available + \$20 per session [] Transportation (12 one way) +\$50
- [] Starter Hockey [] Developmental

SKATER'S NAME	PARENT'S NAME	SCHOOL FOR PICK UP
ADDRESS	CITY	ZIP
BEST PHONE #	EMAIL	

Questions, please contact

Tom Fritsche

440 543-3884 or

Fritsche@SkateAtThePond.com

Or

Elisa@SkateAtThePond.com

CREDIT CARD #	EXP	CVV	AMOUNT	CASHIER / DATE
<p>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. This venue is monitored by video cameras for security, safety and commercial purposes. Participants waive any claim relating to the capture or public transmission of his/ her participation while at venue.</p>				

PARTICIPANT	SIGNATURE	DATE
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