

CASH or CHECKS ONLY

Prices and Dates are subject to change.

Please check which program skater is enrolling in:

Session Dates: _____

_____ Snowplow Sam \$75	\$ _____
_____ Basic Skills \$115	\$ _____
_____ Adult Basic Skills \$115	\$ _____
_____ Intro to Freestyle \$140	\$ _____
_____ Combo Intro/Basic \$195	\$ _____

Less Family Discount (First skater full Price, 2nd + skater -\$8 - _____)

No discount given for prorating or with coupons

AMOUNT DUE \$

Payment received _____

check # _____ cash _____

Assumption of Risk, Agreement and Release Waiver

(Please read carefully before skating)

I agree to assume all responsibility for any and all risk of damage or injury that may occur to me as a participant at the Norway Savings Bank Arena Learn to Skate program in Auburn, Maine. In consideration of being accepted as a participant in this program, I hereby, for myself, my heirs, executors and administrators, release and discharge Norway Savings Bank Arena, Skating Director and all persons associated with this program from all claims: damages, causes of action, present or future, known or unknown, anticipated or unanticipated, which arise from, arise out of, or are incident to my participation in this program. I hereby grant full permission to any and all foregoing to use photographic video tapes, motion pictures, recordings or another record of this event for any purpose whatsoever.

LEARN TO SKATE AT NORWAY SAVINGS BANK ARENA

Upcoming Sessions

Intro to Freestyle / Edge Hockey

5:00 - 5:45 p.m.

Snowplow Sam 5:15 - 5:45 p.m.

All Basic Skills 5:45 - 6:30 p.m.

SPRING

APRIL 3 - MAY 8

MAY 15 - JUNE 19

SUMMER

JUNE 26 - JULY 31

AUGUST 7 - SEPTEMBER 11

Skate rentals included in session cost.

Skates run between 1/2 to 1 sizes smaller than a street shoe. Skates should be laced firmly to provide support and feel snug WITHOUT a thick sock. Skates should be professionally sharpened.

Clothing: Skaters should dress in loose layers to provide warmth yet maintain flexibility. Mittens or gloves may be necessary. It is recommended that young children and beginner skaters wear helmets.



985 Turner St. Auburn, ME 04210 - Tel. 207-333-6688

LEARN TO SKATE 2015

Snowplow Sam

Basic Skills

Intro to Freestyle / Edge Hockey

For more information contact:

Director Tanya Quigley

Tel. 207-343-0599

Endorsed by:



**Introduction to Free Style Class:
(Freestyle Badge 1-6)**

This program consists of 6 levels that are designed to introduce the skater to the elements of Figure Skating including jumps, spins, footwork and edge drills. Skaters must have passed level 8 of the Basic Skills Program to enroll in this class or may take this class in **combination with Basic Skills levels 5 – 8.** 45 minute instruction.

Introduction to The Edge: For the Hockey Player. Introduction of skating drills with emphasis on edging, balance, pressure on edges and body alignment. Player will work on beginning techniques in forward & backward skating, power turns, pivots, stops/starts and transition movements. Must have a minimum of 1 year in atoms or mites programs and be age 6, 7 or 8. 45 minutes of instruction.

Snowplow Sam: A 3 level introductory program that consists of preliminary skills for children ages 4-6 or for the skater not yet ready for the "Basic Eight" program. Skaters participate in a group setting and are encouraged to progress at their own unique developmental rate. **Helmets are strongly recommended.** 30 minutes of instruction.

Basic Skills: This program consists of 8 levels (The Basic eight) which include elements that are the fundamentals for the sport of Hockey, Speed Skating, Figure Skating and Recreational Skating. Each level of the Basic Skills program contains different skill elements that must be mastered before advancing to the next level. Upon completion of this program, skaters will have gained the ability to skate forward and backward efficiently, stop and turn, as well as perform crossovers and other footwork with a fair amount of speed and agility.

Basic Skills graduates are safe, confident skates, who are ready to further pursue their interest in Hockey or Figure Skating. "Introduction to Figure Skating" classes are offered to the skater who would like to continue to learn new skills. **Helmets are strongly recommended for young and new skaters.** 45 minutes of instruction.

Adult Basic Skills: Equivalent to the Basic Skills classes described above. Class sizes are generally smaller allowing for more individualized instruction. It is a more relaxed atmosphere in which the adult skater can learn the fundamentals of a great sport. 45 minutes of instruction.

Booster Lessons (Coach & Me): This program is offered for skaters who would like to work individually with a private coach in addition to taking the Basic Skills Instruction. Lessons usually run for 15 minutes and the cost is \$5 for ice plus cost of coach. If you are interested please contact the Director.

DATES: FRIDAYS
(Dates are subject to change)
6 Week Sessions

SESSION DATES ARE LISTED ON OTHER SIDE

Intro to Freestyle (Figure skating) Intro to The Edge 5:00 – 5:45pm	\$140
Combo IntroFS/Basic Combo Intro/Edge Basic 5:00 – 5:45pm	\$195
Snowplow Sam 5:15 – 5:45pm	\$75
Basic Skills 5:45 – 6:30pm	\$115
Adult Basic Skills 5:45 – 6:30pm	\$115

HOW TO REGISTER:

1. Fully complete the form below and on the reverse side of this page. Please be sure to read the waiver and sign and print your name. Complete a form for each skater.
2. Make check or money order payable to:
Norway Savings Bank Arena
3. There are no refunds.
4. Returned checks are subject to a \$25 fee.
5. Mail registration(s) to:
Norway Savings Bank Arena
985 Turner St. Auburn, ME 04210

PLEASE PRINT CLEARLY

Skater's Name _____

Date of birth _____

Phone _____

Address _____

E-mail _____

Skater 18+/parent or guardian skater under 18
I have read the liability waiver.

Please print

Signature