



HOCKEY SKATING 1-4

Skating Lessons for Aspiring Hockey Players!



The hockey curriculum is designed to teach the fundamentals of hockey skating to aspiring hockey players or skaters who prefer hockey skating. In four badge levels, skaters will learn how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus of the levels. All elements will be taught without a stick or puck. Skaters will learn the necessary fundamentals to be successful in game situations.

- Hockey skating lessons only
- No sticks or pucks
- 30 minute lesson & 30 minute practice
- **Helmets strongly recommended!**
- Real hockey coaches!
- Give yourself and/or your child the advantage: Private or Semi-Private lessons available during practice times!

Skater Name: _____ Sex: M F Date of Birth: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Parent/Guardian Name's: _____
 E-Mail Address: _____ Phone # _____ Cell # _____

HOCKEY PROGRAM: Beginner Skater: Yes: ___ No: ___ Last Level Passed: _____

| FALL 2009 | WINTER 2010 | Fall & Winter | Program Attending |
|----------------------------------------------------------|-----------------------------------------------|---------------------------|-------------------|
| 9/27 to 12/20/2009 (No skating 10/25, 11/8, 12/13) | 1/3 to 2/28/2010 (No skating 1/24/2010) | 9/27/2009 to 2/28/2010 | |
| 10 weeks: \$150.00 | 8 weeks: \$120.00 | 18 weeks: \$265.00 | Total Due: |

Please complete form, detach & mail with full payment to:
 Janet Sotola
 32 Indian Ladder Dr.
 Altamont, NY 12009
Checks payable to: Albany FSC
Visit: www.albanyfsc.org

****There are no make-ups & no refunds without a medical excuse**

WAIVER OF LIABILITY

In consideration of _____ participating in the **Albany Figure Skating Club** Basic Skills Program I hereby covenant and agree with the Albany Figure Skating Club, the Albany Academy, the owners, officers, agents, employees, volunteers and all persons engaged as instructors or administrators in any programs in which I/he/she may be a participant, to indemnify and hold harmless each and every one of them from and against all claims, liability, loss cost, damages, and expenses which may arise out of or in connection with the use by me/him/her of such facilities. Including without limitations, all claims I/he/she might have for personal injury or property damage to him/her or so arising.

I understand that skating is a participation sport and I am fully aware of the risk of serious bodily injury and hazards in or arising from my use or presence upon the facilities. I fully accept all such risks and assume responsibility for losses, costs and damages I and/or my minor child incur as a result of participation in the activity.

I understand that I must carry and maintain my own personal medical insurance throughout the time of participation. I also give consent to receive first aid and emergency transport to the nearest medical facility.

I acknowledge I have read this release & waiver of liability, assumption of risk and indemnity and fully understand it.

Signature of Participant/ Parent or Guardian (if under 18) _____

Date: _____