

LEARN TO SPEED SKATE AT



The Rink at Lehigh Valley would like to welcome you to our Learn to Speed Skate program! We are proud to introduce this new curriculum this year!

The Speed Skating track for the Basic Skills Program introduces beginning speed skating techniques for skaters, 6 years old to adult, after they have learned the basic skating fundamentals in Basic Skills 1-4.

The techniques include basic positions, edges, turns, starts, and speed development. Skaters will be ready for racing after completing the Speed 1-6 badge levels.

This program is offered to anyone who is interested, including hockey players and figure skaters. Don't miss out on a chance to strengthen those leg muscles and increase your speed!



WHAT DO I WEAR?

- * Helmet
- * Knee pads – No plastic knee pads
- * Gloves
- * Jacket
- * Pants or warm tights
- * Neck guard with bib – Purchase at Ruff Sports
- * Skate rentals that are included with this program



WHAT DO THEY GET?

- * One hour lesson
- * Speed skate rentals
- * Certificate of Achievement for each level completed
- * USFS booklet and stickers
- * Badges for each level completed



SESSION DATES, TIMES & FEES

Payments must be made **before** classes start. Each class is held for 60 minutes for five weeks at a time. On the first day of class, please come at least 30 minutes early to check in, receive your class assignment and get the correct rental skates. **PLEASE NOTE THAT THERE ARE NO CASH REFUNDS. ALL REFUNDS WILL BE TREATED AS GROUP LESSON CREDIT.**

\$65.00
(per 5-week session)

Saturdays
11:45-12:45pm

Session I:
October 10, 2009
October 17, 2009
October 24, 2009
November 7, 2009
November 14, 2009

Session II:
November 21, 2009
December 12, 2009
December 19, 2009
January 2, 2009
January 9, 2010

Session III:
January 16, 2010
January 23, 2010
January 30, 2010
February 6, 2010
February 13, 2010

Instructors request that students make sure they are ready to skate at their assigned class times. Because the class curriculum is based upon a 5-week schedule, registration for each class will close after the first week.

* LTSS times and dates are subject to change *

2009-2010 Skate Application

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Work Phone: _____

Date of Birth: _____ Age: _____

Male Female Last Level Comp: _____

Contact Name: _____

Email: _____

PROGRAM ENROLLMENT

Please Circle Level:

Speed: 1 2 3 4 5 6

Circle Day: Saturday

Check Session: Session I Session II
 Session III

PAYMENT & CONSENT INFORMATION

\$65.00 due with Application

Please make checks payable to:
THE RINK AT LEHIGH VALLEY

Please Circle One:

Cash Check Money Order Visa MC

Credit Card #: _____ Exp Date: _____

IN CONSIDERATION OF THE PARTICIPANTS AND HIS OR HER PARENT(S) BEING PERMITTED TO REGISTER THE PARTICIPANT IN FOR THE LEARN TO SPEED SKATE PROGRAM WE DO HEREBY FOREVER RELEASE AND DISCHARGE THE RINK AT LEHIGH VALLEY AND LEHIGH VALLEY RECREATION INC., ITS OFFICERS, AGENTS, EMPLOYEES AND ANY PERSON, PARTNERSHIP OR CORPORATION CONNECTED HEREWITH COLLECTIVELY "LV" FROM ALL MANNER OF ACTION, INJURY, DAMAGES, COSTS, CLAIMS OR DEMANDS WHICH WE SHALL OR MAY HEREAFTER HAVE SUFFER OR RECEIVE BY REASON OF SUCH PARTICIPATION IN CLINIC. THIS RELEASE SHALL BE BINDING ON OUR HEIRS, SUCCESSORS, ASSIGNS, EXECUTORS AND ADMINISTRATORS.

Signature of Parent or Guardian _____ Date _____

Other Programs
offered at:



 EAST PENN

SPEED SKATING CLUB

The purpose of our club is to provide a safe and enjoyable opportunity for speed skaters of all ages and abilities, whether you are speed skating for recreation and/or exercise, or to competitively speed skate. The club is committed to assuring that every skater has an equal opportunity to participate in and benefit from club activities while at the same time providing an environment in which competitive skaters can reach their highest potential.

 LEARN TO SKATE

Our Learn to Skate program is based upon the US **Figure Skating** skill progression. It was created to be the best beginning ice skating program that is fun, challenging, and rewarding. This progressive six-week program serves the needs of both the recreational and the competitive skater.



LEARN TO PLAY

This program is a great opportunity for boys and girls 18 and under to learn the game of hockey. Our highly trained staff's player focus is FUN!

Players will learn the basics including how to stickhandle, pass, and shoot. Additionally, players will learn more hockey skating techniques. The final day of the program the players will play a game.



3323 7th Street
Whitehall, PA 18052
www.lehighvalleyicearena.com



LEARN TO SPEED SKATE



FALL & WINTER 2009-2010

Classes are Held
On Saturdays



3323 7th Street
Whitehall, PA 18052
Off MacArthur Road
Two Miles North of the Malls
610.434.6899
610.434.8140 Fax

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