

Waiver: The applicant acknowledges that participation in a skating program involves certain risks and may result in an injury. Other than the disclosures in the application, the applicant declares to be in proper physical condition and good health to participate in the program. The applicant hereby waives all claims, rights or causes of action against the Nepean Skating Club, Inc., its officers, directors, employees, coaches or members, for personal injury or loss of property of any nature or kind, however or whenever sustained.
Signature: _____
Date: _____
(DD/MM/YYYY)

Refunds: No refunds may be granted except for medical reasons or with 14 days written notice after the first day of skating, refunds are minus a 10% service charge.

Rescheduling: If for reasons beyond the control of the NSC, a class is cancelled, we will try to reschedule; however, no refund will be made for cancelled classes that cannot be rescheduled.

Missed sessions cannot be made up or substituted.

Signature: _____
Date: _____
(DD/MM/YYYY)

REGISTRATION

To register for a class please return this completed Registration form and a **cheque payable to "Nepean Skating Club"** for the appropriate fee.

Registration forms can be mailed or dropped off in person:
Nepean Skating Club
#5-1701 Woodroffe Ave.
Nepean, Ont. K2G 1W2

If you have any questions, please call us at (613) 226-6020.

or

Send us email at:
office@nepeanskatingclub.com



Winter 2012 Registration

JOHN OLLSON –
COORDINATOR/INSTRUCTOR

- ✓ Skill levels : Initiation and up
- ✓ 9 classes

Offered By:



www.nepeanskatingclub.com

CANPOWERSKATE CLASSES

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters which focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate is an excellent compliment for those athletes playing on hockey or ringette teams. Additional information can be found at www.skatecanada.ca.

CanPowerSkate is geared to skaters aged approximately six or older who have played hockey and have basic forward and backward skating skills (they must be able to skate the length of the rink using alternate strides) and are able to stop on command without use of the boards. For safety reasons participants must wear full hockey/ringette equipment that is CSA approved. Stick is required. Classes are 50 minutes in length.

CLASS SCHEDULE

Please circle your requested session

Sundays

Merivale Arena: Jan. 8 - Mar. 4

1:00-1:50pm ages 5-6-7-8

2:00-2:50pm ages 9-10-11-12

Thursdays

Bell Arena: Jan. 12 - Mar. 8

5:00-5:50pm ages 7-8-9-10

6:00-6:50pm ages 11-12-13-14

Fridays

Merivale Arena: Jan. 13 - Mar. 9

5:00-5:50pm ages 7-8-9

6:00-6:50pm ages 10-11-12-13

PLEASE NOTE: SWITCHING BETWEEN CLASSES IS NOT PERMITTED

Confirmation of enrollment will be emailed

SKATER REGISTRATION CANPOWERSKATE WINTER 2012

Skater's Name: _____

Age: _____ Male _____ Female _____

Date of Birth: ____/____/____
day month year

Indicate Class Requesting
Class Day Time

Parent(s) Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: home) _____

work) _____

cell) _____

email: _____

(required)

Fees:

\$237.00 per 9 week session

please ensure skater's name is on the front of the cheque

returned cheques will incur a \$25.00 NSF fee

cheque # _____

amount of cheque _____

date of cheque _____