

**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.**

## REGISTRATION

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

Mail registration form & cheque to:

**Nepean Skating Club  
5-1701 Woodroffe Ave.  
Nepean, ON K2G 1W2**

deliver to  
**Nepean Skating Club Office  
1701 Woodroffe Ave**

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

Send us email at:  
<mailto:office@nepeanskatingclub.com>

Visit our web site at:  
<http://www.nepeanskatingclub.com/>



## Winter 2012 Registration

- ✓ Ages 5 and up
- ✓ 11 week program

Course conducted by  
Skate Canada Certified Coaches

Offered By:



## PRE-POWERSKATE CLASSES

**Pre-PowerSkate** is an action-packed, high energy instructional power skating program geared towards skaters intending to play hockey and ringette. Classes focus 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. Pre-PowerSkate provides an alternative to Canskate and is a feeder program for the CanPowerSkate program. Additional information can be found at [www.skatecanada.ca](http://www.skatecanada.ca).

Pre-PowerSkate is geared to skaters aged approximately five or older who are able to get up on their own and skate forward. For safety reasons participants must wear at minimum; helmet with face guard, shin and elbow pads, thick gloves, and hockey skates. Hockey sticks will not be used. Classes are 50 minutes in length. Pre-PowerSkate sessions are taught by Nepean Skating Club coaches.

## CLASS SCHEDULE

### Nepean Sportsplex – Rink 3

Pre-Powerskate 10:30 –11:20 am

**Sundays** – January 8th thru  
March 4th, 2012.



Keep this panel for your records

## SKATER REGISTRATION PRE POWERSKATE WINTER 2012

Skater's Name: \_\_\_\_\_

New Skater \_\_\_\_\_ Returning Skater \_\_\_\_\_

Age: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
                                  dd mm yyyy

Parent(s) Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: home) \_\_\_\_\_

work) \_\_\_\_\_

email: \_\_\_\_\_

**(mandatory)**

**Fees: (payable to Nepean Skating Club)**

**\$160.00 per 9 week session**

**Returned cheques will incur a  
\$25.00 NSF Fee.**

**Please ensure skater's name is on  
the front of the cheque**

cheque # \_\_\_\_\_

amount of cheque \_\_\_\_\_

date of cheque \_\_\_\_\_

**PrePower**