Summer 2010
WHFSC SPECIAL FIGURE SKATING CLINICS
Wednesdays
June 30, July 7, 14, 21, 28 August 4, 11, 18, 25

skatevmsr.com

EDGE CLINIC - 2:30-2:50 pm

The Edge Clinic will concentrate on quality and control of skating, ranging from basic skating moves as well as some slightly more complex turns, deep edges, creative footwork patterns and hydro-blading. Exercises will be specifically designed for each skater's level and ability of skating and could be later on incorporated by their coach into their program. This class is an excellent warm-up for the Intro to Ice Dance Clinic.

INTRO TO ICE DANCE CLINIC - 2:50-3:10 pm

Ice Dancing is a fusion of dancing off the ice and figure skating. The class will discover the basics of this discipline that will go far beyond learning a pattern of Dutch Waltz. Through out the nine weeks, the skater will be introduced to partnering (leading/following) while performing simple edge exercises, musicality (interpretation of music) and elements like twizzles and spinning with a partner. Veterans of ice dance as well as beginners are welcome.

POWER SKATING CLINIC FOR FIGURE SKATERS AND HOCKEY PLAYERS - 3:10-3:30 pm

The Power Skating Clinic is designed to build the figure skater's as well as hockey player's endurance and strength, which gives skaters more confidence and stamina as they skate at a higher speed. It is open to skaters of all ages provided they have competent stroking and crossover skills in all directions and demonstrate sufficient power, strength and speed to keep up with all other participants.

Instructor: Andrew Lavrik

Participant's Name:_____DOB:_____/_____/_____
last *first*

Home Phone:_____

Parent/Guardian:_____ Work Phone:_____
last *first*

Address:_____

Town:_____ State:_____ Zip:_____

Email Address: | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Health Concerns: _____

Registration and guest fees cover all three clinics. Participants may choose to attend one, two or all three for this fee.		
	WHFSC Member	**Non Member**
Registration Fee		
All Three Clinics - 9 weeks	$135	$162
Pro rating will be allowed for late registrations for remaining sessions. No pro rating allowed for missed sessions after registration.		
Guest Fee		
All Three Clinics - Daily Payment	$20	$24
WHFSC MEMBERS MAY USE A SESSION PASS FOR *EACH* 20 MINUTE CLINIC		

Amount Paid: $_____

☐ Cash ☐ Check ☐ Visa ☐ MasterCard

Card # _____

Name on Card_____ Exp_____

All fees are non refundable.
Make checks payable to: Town of West Hartford

Guardian Release

Acknowledging that ice skating is a hazardous activity, I agree that the Town of West Hartford, its agents, servants and employees shall not be liable to me or my child for any injury or damage resulting directly or indirectly from my or my child's participation in this skating program, whether incurred on the ice or otherwise in or about the building. I further agree that I will not sue, arrest, attach or prosecute any said persons for any injury or damage, and I release and discharge the Town of West Hartford, its agents, servants and employees for all actions, claims and demands I may have from any injury or damage.

Signature of Parent/Guardian:_____ Date:_____

Veterans Memorial Ice Skating Rink
56 Buena Vista Rd. West Hartford, CT 06107 860-521-1573