



SOUND TIGER U

Stay on Top • Be At Your Best



POWER SKATING CLINIC

**Want to Increase your speed on the ice?
Learn The Proper Techniques That Make
You A Powerful, Explosive Skater.**

EIGHT (8) ONE HOUR SESSIONS*

Starting Week of Jan. 4th

Wednesdays 4:30pm - 5:30pm**

Jan. 4th to Feb. 29th

Emphasis will be placed on:

- Straight Skating - forward and backward strides
- Crossovers
- Explosive acceleration from a complete stop
- Stops and starts
- Lateral mobility
- Turns, transitions, etc..



SKATERS WILL WORK WITH & WITHOUT PUCKS

Fun Drills to include:

- Races
- Obstacle Courses
- Small Games

**SIGN UP TODAY.
SPACE IS LIMITED.**

Affordably Priced - 8 Sessions for \$189

Walk in fee, if available is \$35 per sessions.

QUESTIONS? CALL (203) 929-6500 EXT. 45

**All sessions 10 minutes less for ice resurfacing.*

****No class on Wed. Feb. 22nd.**





Sound Tiger U Power Skating Clinic Winter 2012

784 River Road, Shelton, CT 06484 203-929-6500 fax-203-929-7624

(Payment in full must accompany enrollment. Thank you.)



Participant Name: _____ Date of Birth: ____/____/____

Address: _____ Town: _____ State/Zip _____

Gender: **M** **F** Home #: _____ Cell #: _____ Work# _____

E-mail: _____

Indicate program(s) you wish to apply to:

_____ **Winter Power Skating Clinic**

Total Due \$189.00

Acctg code: clinics 2012

Credit Card Information:

I authorize The Rinks at Shelton to charge the above balance to my account without further notice.

Credit Card # _____ Exp. Date: ____/____/____ digit cvv2 code _____

The Rinks at Shelton ("Rinks") RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT PARTICIPANT PLEASE READ BEFORE SIGNING (Larger Type Copy available at Front Office).

In consideration of being allowed to participate in any way in any and all activities, leagues, clinics, events, skating programs at Rinks ("Program"), Participant, acknowledges and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis, disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. PARTICIPANT KNOWINGLY AND FREELY ASSUMES ALL SUCH RISKS, being both known and unknown of my participation in the Program EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. PARTICIPANT willingly agrees to comply with the stated and customary terms and conditions for participation in the Program, if however, PARTICIPANT observe any unusual significant hazard during my presence or participation, PARTICIPANT will remove myself from participation and bring such to the attention of the nearest official immediately, and,
4. PARTICIPANT, for myself and on the behalf of my heirs, assigns, personal representatives, next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS RINKS, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. Arbitration: In further consideration of allowing me to participate in the aforementioned Program, PARTICIPANT hereby agrees to submit to binding arbitration any and all claims which PARTICIPANT believes PARTICIPANT may have against Rinks arising from my activities at the Rinks. The arbitration shall be pursuant to the rules of the American Arbitration Association. The arbitration shall apply the Federal Rules of Evidence to all proceedings.
6. I hereby grant Rinks the right to use photographs, video images and/or other media of participant for publicity, advertising and/or other commercial purposes. Arbitration shall be commenced within one (1) year from the date on which any alleged claim first arose. Furthermore, the arbitration shall be held in Shelton, Connecticut unless otherwise mutually agreed to by all parties. The submission to American Arbitration Association shall be unlimited and the arbitration award may be enforced by any court of competent jurisdiction.

PARTICIPANT HAS READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTANDS ITS TERMS, UNDERSTANDS THAT PARTICIPANT HAS GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGNS IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

x _____ Date Signed: _____
Participant's Signature

*- No refunds. All prices/programs and rules are subject to availability and change without notice..
All times are 10 min. less for ice resurfacing.