

OFF-ICE TRAINING

with Gale Pilla

former US World Team Member

Class includes Explosive Jump Technique strength training, core strength, plyometrics, stretching and flexibility, exercise ball, Pilates and more!

Participant's Name: _____ Phone: _____

Address: _____ City: _____

State: _____ Zip Code: _____ Age: _____ Coach: _____ Level: _____

Tuesday Class Time: 6:40-7:10pm Saturday Class Time: 9:45-10:30am

Class Level	Dates	Times	# of Classes	Price
Open to All Skaters	Tuesdays			
	Sept. 6, 13, 20, 27 Oct. 4, 11, 18, 25 Nov. 1, 8	6:40pm – 7:10pm	10	\$150.00
Skaters Competing No-Test & Above Only	Saturdays			
	Sept. 10, 17, 24 Oct. 1, 8, 22, 29 Nov. 12 <i>NO Class Oct 15 or Nov 5</i>	9:45am – 10:30am	8	\$160.00

Walk-On Prices: Tuesday \$20.00 per class, Saturday \$25.00 per class.

Total Due: _____

Pay by: Check (Payable to BSA) Credit card-fill out below

Card number _____ Exp date _____

Please note: Skaters are required to bring their own exercise ball, exercise mat and running shoes.

Disclaimer

I hereby give my approval for the above named applicant to participate in Off-Ice Training class. I understand that there are many risks inherent in and incidental to participation in the competition, and I am willing to participate (or to permit the applicant, if different than the undersigned) to participate in the Off-Ice Training. I assume all risks inherent in and incidental to such participation and I hereby release, absolve, indemnify, and hold harmless Bridgewater Sports Arena, L.P., it's partners, officers, employees and staff, to act on my behalf according to the best judgment of the Bridgewater Sports Arena, L.P, it's partners, officers, employees, and staff under prevailing circumstances in the event of any injury, or in the event that I may not be able to act for myself, or cannot be reached. I also understand that from time to time pictures may be taken in which I (or Participant) may appear. I authorize DJD Amusements LLC DBA Bridgewater Sports Arena to use said pictures in public displays and/or advertising.

Signature: _____

Date _____

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BRIDGEWATER SPORTS ARENA

Fall 2011

September - November

Tuesday 6:40-7:10pm

Saturday 9:45-10:30pm

Class time may be changed depending on the ability level of the skaters. Participants will be notified of time change before scheduled class.

Bridgewater Sports Arena
1425 Frontier Road
Bridgewater, NJ 08807
732-627-0006 Phone
732-627-0973 Fax
www.BSAArena.com

BRIDGEWATER SPORTS ARENA OFF-ICE TRAINING

EXPLOSIVE JUMP TECHNIQUE AND STRENGTH TRAINING

EXTENSION THROUGH AIR POSITIONS

CIRCUIT TRAINING