



BGSC's SUMMER SKATING PROGRAM

Basic 4-Senior Levels

July 13-16 and July 20-23

July's Summer Skating Program will begin on July 13. The program will include 1 hour of on-ice instruction, and ½ hour of off-ice exercises / stretching / conditioning each day (Mon.-Thurs., for 2 weeks). Skaters should bring a pair of comfortable athletic shoes, and change into shorts, tee shirts for the off-ice exercises.

Why should my child attend?

Whether your child is a competitive skater or not, this is a great way to strengthen his/her ice skating skills. Elements for this program include proper stroking technique, jumps/spins and dance. The skaters will be divided into at least two groups (high level and low level). The off-ice session will increase skaters' flexibility and physical conditioning. For more information about our programs and membership benefits, please visit our website: www.bgskateclub.org.

Who may sign up?

Basic 4 – Senior Levels are eligible for this program.

Cost?

Skaters may sign up for one week or both weeks. There will be a discounted \$120.00 flat fee for the two weeks (8 sessions, Mon. – Thurs.). The one week fee will be \$70.00. In order to cover the costs of running the Summer Program, we cannot offer a family discount, nor can we accept applications for just the off-ice or just the on-ice components. There will be no refunds unless the program is cancelled. There will be a minimum number of skaters required, and if we do not meet this minimum requirement, the program will be cancelled.

(Keep above for your records)

JULY SUMMER SKATING PROGRAM REGISTRATION:

Schedule (indicate which week(s) skater is attending:

___ Week 1: July 13-16 on-ice 6:30-7:30 p.m. off-ice 7:45-8:15 p.m.

___ Week 2: July 20-23 on-ice 6:30-7:30 p.m. off-ice 7:45-8:15 p.m.

Indicate level of skating or last badge received: _____

Name: _____ Age at time of program: _____

Parent(s) _____

Address: _____

Email: _____ Phone #: _____

Payment (checks made payable to BGSC, \$120.00 for entire program or \$70.00 for one week) must be included with this registration form (you may keep the upper portion for your records). Please complete the bottom portion and mail your check to:

BGSC Skating Sessions
P.O. Box 566
Bowling Green, OH 43402

Registrations must be received NO LATER THAN July 6 so we can plan for our coaches and their schedules. Questions: Call Linda Wenner 419-878-0826.