

OUR LEARN TO SKATE,

It is an excellent introduction to ice skating for everyone. Our highly qualified coaches are registered with the United States Figure Skating Assoc. and have extensive backgrounds with hockey and figure skating instruction. Skaters will learn in a fun and exciting way the needed basic skills to enjoy all aspects of skating whether it is for youth hockey, figure skating, or just for fun.

All skaters will be registered with the U.S.F.S.A. and will receive a "skater's kit" containing materials to track their progress throughout the program. Each lesson will consist of 25 minutes of instruction as well as 25 minutes of "supervised" practice time. Testing is performed during the 7th week and the 8th class is for "Bring a friend", a fun way to show your friends what



you have learned!

SESSION DATES

Tuesday: 5 PM

Session 1: 09/28/10 – 11/16/10

Session 2: 11/23/10 – 01/11/11

Session 3: 01/18/11 – 03/08/11

Session 4: 03/15/11 – 05/03/11

Saturday: 12:00 PM

****No Class: 12/25/10****

Session 1: 10/02/10 – 11/20/10

Session 2: 11/27/10 – 01/22/11

Session 3: 02/05/11 – 03/26/11

Session 4: 04/02/11 – 05/21/11

Please note that "01/01/11", will be the "Bring a Friend" class for session 2

**The 8th CLASS is
BRING A FRIEND**

COST: \$120.00

**Please make checks payable
to: Norfolk Arena**

APPLICATION 2010/2011

NAME: _____

(Please print clearly)

D/O/B: _____

Parent/guardian: _____

Address: _____

City: _____

State: _____

Zip: _____

Phone: _____

Emergency # _____

Skating Experience: _____

Last Badge Level passed: -----

Cash () Check () Charge ()

Tuesday or Saturday

Sessions: 1 2 3 4

No refunds after the start date of each session!
Norfolk resident discount given only if signed up before
1st class & for the full session!

I ACKNOWLEDGE THAT ICE-SKATING IS A DANGEROUS ACTIVITY AND I AGREE THAT NORFOLK RINK MANAGEMENT COMPANY INC. (HEREINAFTER, KNOWN AS "NRMCI"), IT'S SERVANTS, OFFICERS, AND EMPLOYEES SHALL NOT BE LIABLE FOR ANY PERSONAL INJURY OR PROPERTY DAMAGE THAT I MAY RECEIVE OR CAUSE OTHERS TO RECEIVE, DIRECTLY OR INDIRECTLY RESULTING FROM MY PARTICIPATION AT NORFOLK ARENA. I ALSO AGREE NOT TO HOLD NRMCI LIABLE FOR ANY ARTICLES LOST OR STOLEN WHILE I AM PARTICIPATING IN ANY ACTIVITIES AT NORFOLK ARENA. I FURTHER UNDERSTAND THAT MY SAID AGREEMENT, RELEASE, AND DISCHARGE SHALL BIND MY HEIRS, LEGAL REPRESENTATIVES AND ASSIGNS, AND SHALL INURE TO THE BENEFIT OF NRMCI'S SERVANTS, OFFICERS, AND EMPLOYEES, AND THEIR SUCCESSORS AND ASSIGNS.

Parent/Guardian: _____

Frequently Asked Questions

Q: What should we wear to the "Learn to Skate"?

A: You should be dressed in warm loose clothing that will not restrict movement. **Gloves are recommended.**

Q: What time should we arrive?

A: It is a good idea to **arrive at least 20 minutes before class begins to get checked in and ready.** If you need rentals arrive 20 min. early.

Q: Will skates and helmets be available?

A: R.S.I. Pro shop has a full line of rental skates and helmets are also available.

Q: How will I know if the class is cancelled?

A: The classes are rarely cancelled. If the Governor declares a "state of emergency" or **call in for an announcement.**

Q: Are parents or other siblings allowed on the ice during this time?

A: NO, only registered students.

Q: Are there any program limitations on size.

A: Yes, it is possible that a session is fully booked or a specific class such as, (snow plow1). So it is a good idea to pre-register for any session you wish to join.

We hope this answers any questions you may have had, but if you have others feel free to call and we will gladly help you if we can.

Norfolk Arena, One Dean Street, Norfolk, MA 02056

1-508-520-9200 www.NORFOLKARENA.COM



LEARN TO SKATE

WITH

DOROTHY CUNNINGHAM

Norfolk Arena L.T.S. Director

AGES 4 YRS TO ADULT
8-WEEK SESSIONS
ALL SKILL LEVELS

A FUN LEARNING ATMOSPHERE FOR THE WHOLE FAMILY.
TAUGHT BY SOME OF THE BEST FREESTYLE & LEARN TO SKATE COACHES IN THE AREA.



2010/2011 Fall Winter Classes