



Nantucket Skating Club

Fall 2018 Off Ice Classes

Fall 2018 Off Ice Class Registration

Skater's Name _____

Parent's Name _____

Email _____

Phone _____

Must have passed Pre-Pre MIF, age 10-18

Thursdays: 9/13, 9/20, 9/27, 10/11, 10/18, 10/25, 11/8, 11/29, 12/6, 12/13

Time of class: 3:00pm – 3:45pm

Location: Nantucket Cycling & Fitness – 25 Youngs Way

Instructor: Stacey Moran

*Portion of this class will be subsidized by the Bill Belichick Foundation Grant
Price is \$100.00 for the 10 classes, registration is for the entire session.*

***Sign Ups must be completed by Saturday, September 8th
– no drop ins will be available due to the structure of the class
-in the event of a cancellation a make-up class will be scheduled***

CLASS FOCUS:

- **Core strength and stability**
- **Balance**
- **Strength and Power**
- **Flexibility**

Class Specifics

- Class size is limited to provide the best one on one evaluation and instruction
- First Session will be a participant evaluation and goal setting session
- Each class will include a warm-up, strength and endurance, and cool down with static flexibility
- Any injuries must be reported to the instructor

Checks payable to Nantucket Skating Club

Payment Received by _____	Date: _____	Amount: \$ _____
Check # _____	Cash \$ _____	Credit Card _____