

**Waiver:** The applicant acknowledges that participation in a skating program involves certain risks and may result in an injury. Other than the disclosures in the application, the applicant declares to be in proper physical condition and good health to participate in the program. The applicant hereby waives all claims, rights or causes of action against the Nepean Skating Club, Inc., its officers, directors, employees, coaches or members, for personal injury or loss of property of any nature or kind, however or whenever sustained.  
Signature: \_\_\_\_\_  
Date: \_\_\_\_\_  
(DD/MM/YYYY)

**Refunds:** No refunds may be granted except for medical reasons or with 14 days written notice after the first day of skating, refunds are minus a 10% service charge.

**Rescheduling:** If for reasons beyond the control of the NSC, a class is cancelled, we will try to reschedule; however, no refund will be made for cancelled classes that cannot be rescheduled.

**Confirmations will be emailed**

**Missed sessions cannot be made up or substituted.**

**REGISTRATION**

To register for a class please return the Skater Registration panel completed and a **cheque payable to the "Nepean Skating Club"** for the appropriate fee.

Mail registration form & cheque to:  
**Nepean Skating Club  
Box 11006 Station H  
Nepean, ON K2H 7T8**

deliver to  
**Nepean Skating Club Office  
1701 Woodroffe Ave**

or  
come to our registration night on  
**Tuesday August 17 5:30pm-8:00pm**  
or  
**Wednesday September 8 5:30-8:00pm**

If you have any questions, please call us at (613) 226-6020.

Send us email at:  
[office@nepeanskatingclub.com](mailto:office@nepeanskatingclub.com)

Visit our web site at:  
[www.nepeanskatingclub.com](http://www.nepeanskatingclub.com)



**Fall 2010  
Registration**

*JOHN OLLSON –  
COORDINATOR/INSTRUCTOR*

- ✓ Skill levels : Initiation and up
- ✓ 10 classes

Offered By:



## CANPOWERSKATE CLASSES

**CanPowerSkate** is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters which focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate is an excellent compliment for those athletes playing on hockey or ringette teams. Additional information can be found at [www.skatecanada.ca](http://www.skatecanada.ca).

CanPowerSkate is geared to skaters aged approximately six or older who have played hockey and have basic forward and backward skating skills (they must be able to skate the length of the rink using alternate strides) and are able to stop on command without use of the boards. For safety reasons participants must wear full hockey/ringette equipment that is CSA approved. Classes are 50 minutes in length.

## CLASS SCHEDULE

### Thursdays

**Bell Arena-start October 7**

5:00-5:50pm ages 8-9-10

6:00-6:50pm ages 11-12-13-14

### Fridays

**Merivale Arena-start October 1**

5:00-5:50pm ages 7-8-9

6:00-6:50pm ages 10-11-12-13

### Sundays

**Merivale Arena-start October 3**

1:00-1:50pm ages 6-7-8

2:00-2:50pm ages 9-10-11-12

**Keep this panel for your records**

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## SKATER REGISTRATION CANPOWERSKATE FALL 2010

Skater's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Male\_\_\_\_ Female\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
day month year

Indicate Class Requesting  
Arena Day Time

Parent(s) Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: home) \_\_\_\_\_  
work) \_\_\_\_\_

email: \_\_\_\_\_

**(mandatory)**

**Fees:**

**\$ 255.00 per 10 week session**

**please ensure skater's name is on  
the front of the cheque**

**returned cheques will incur  
a \$25. NSF fee**

cheque # \_\_\_\_\_

amount of cheque \_\_\_\_\_

date of cheque \_\_\_\_\_

**Please sign the waiver**