

**!! LIFE IN THE FAST LANE!!**



**SWC's FRED COLE  
LEARN-TO-SPEEDSKATE**

**Training Program**

*TEXT/CALL 518-430-7600 EMAIL: [swc.skt.fst.brn.trn@gmail.com](mailto:swc.skt.fst.brn.trn@gmail.com)  
[info@saratogawinterclub.com](mailto:info@saratogawinterclub.com)*

**4 Training Sessions + Skate with S.W.C.**

Nov. 15, 17, 22, (no 24), 29; 6:15 – 7:30 P.M.

SKATE WITH CLUB, Dec. 1, 6:30 – 8:00 P.M.

**LEARN BASIC SPEED SKATING TECHNIQUES (On- & Off-ice),  
PROPER EQUIPMENT, and SAFETY PROTOCOLS**

**\$50 INDIVIDUAL \$90 PER FAMILY of 2**

ADDITIONAL FAMILY MEMBERS \$15 EACH.

Fees cover: Instruction; skates (if available) & insurance.

Skaters must be able to stand on skates, move forward, and stop on own accord.

If no prior skating experience, please check-out Saratoga City Rec Dept. Intro-to-Ice first.

**!! LIFE IN THE FAST LANE!!**

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**LEARN-TO-SPEED-SKATE**

4 – 1 (one) HOUR SESSIONS + Skate w/ Club

TUE. & THUR.: Nov. 15, 17, 22 & 29; 6:15 – 7:30 P.M.

SKATE WITH CLUB, Dec. 1; 6:30 – 8:00 P.M.

Learn basic techniques, safety and equipment from SWC Olympic level coaches.

Sessions include On- & Off-ice (i.e. dryland) instruction.

\$50 INDIVIDUAL FEE COVERS SKATES AND US SPEEDSKATING REQUIRED INSURANCE

\$90 PER FAMILY of 2; ADDITIONAL FAMILY MEMBERS \$15 EACH

Skaters must be able to stand on skates and stop on own accord. If no prior skating experience, please check-out Saratoga City Rec Dept. Intro-to-Ice program first.

**Pre-registration preferred.**

Fill out form and send to:

Saratoga Winter Club, Learn-to-Speed-Skate

c/o M. L. Lautenberg

122 Cahill Rd.

Stillwater, NY 12170 Or email to: [swc.skt.fst.brn.trn@gmail.com](mailto:swc.skt.fst.brn.trn@gmail.com)

For more information: email – [info@saratogawinterclub.com](mailto:info@saratogawinterclub.com) or text/call – 518-430-7600

Skater/Family Name \_\_\_\_\_ Age(s) \_\_\_\_\_ INDIVIDUAL OR FAMILY (circle one)

Prior Experience \_\_\_\_\_ Shoe and or Skate Size \_\_\_\_\_ Owns skates \_\_\_Y\_\_\_N If "Yes" type: \_\_\_\_\_

Skater #2 Name \_\_\_\_\_ Age \_\_\_\_\_ Skater #3 Name: \_\_\_\_\_ Age \_\_\_\_\_

Prior Experience #2 & #3: \_\_\_\_\_ Skate Size #2: \_\_\_\_\_ Skate size #3: \_\_\_\_\_

Parent/Guardian (if minor(s)) \_\_\_\_\_ Email: \_\_\_\_\_

Best Phone # \_\_\_\_\_ Alternate phone# \_\_\_\_\_

Please arrive 10 minutes prior to start time. Times may vary by 15 minutes as all groups using the rink work together between sessions. Thank you in advance for your understanding. Once pre-registration is received SWC will contact with additional information concerning equipment and to complete registration. See you at the rink!!!