

!! LIFE IN THE FAST LANE!!



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

Training Program

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

Jan. 26th & 31st; Feb. 2nd, 7th, & 9th

6:15 – 7:30 P.M.

Saratoga Springs Weibel Ice Rink

TEXT/CALL: 518-430-7600 EMAIL: swc.skt.fst.brn.trn@gmail.com

\$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.

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LEARN-TO-SPEED-SKATE

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

TUE. & THUR.: Jan. 26, 31; Feb. 2, 7 & 9,

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 form to: swc.skt.fst.brn.trn@gmail.com

For more information: email – swc.skt.fst.brn.trn@gmail.com or text/call – 518-430-7600

Fred Cole Learn-to-SpeedSkate Training Program, Registration

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!!!
