



SUMMER SESSIONS

Skating Technique for Hockey

NHL Players have benefitted from this training and so can you!
"If you can't skate, you can't play our game," Wayne Gretzky.

Balance, Agility and Maneuverability (BAM)

Our Figure Skating Director, Karen Cohen-Prosnitz, teaches the Program. She has been a full time professional skating coach for over 30 years. Karen is a US Figure Skating Gold Medalist having competed in Freestyle, Pair Skating and Ice Dancing throughout the United States and internationally. She also trained in speed skating and power skating.

Karen has been teaching power skating and edges to hockey skaters. Her skating techniques begin with understanding the interaction between mental and muscle function to train the entire body, using correct edge positioning and balance to increase power and agility. Fast efficient skating is the goal.

"If you're using improper technique quickly, all it means is you'll go nowhere faster."
Bill Guerin, former professional NHL hockey player and three-time Olympian.

Summer Session Programs

Monday-Friday, July 8th-July 12th

Monday-Friday, July 15th -19th

Cost: \$375 for 5 one-hour classes:** Mon, Tues, Wed & Fri 11:00am-12:00pm;
Thurs- 8:45am-9:45am, Ice Time and Instruction is Included

*****dates and times are subject to change***

Payments must be received one week prior to your first class by check or cash only (Make Check Payable to Karen Cohen-Prosnitz). For further information, please call Karen at 973-628-1500 ext. 123.

All Payments may be dropped off at the Skating School Office (located in rink 1) or at the Front Desk in an envelope marked ATTN: Karen Cohen-Prosnitz with this completed form.

No Make-ups or Refunds for missed classes



Player's Name _____ Age _____ D.O.B. ____/____/____

Address _____

City/State/Zip _____

Home Phone (_____) _____

Parent's Name _____

E-mail _____@_____

Work Phone (_____) _____ Cell Phone (_____) _____

Emergency Contact Name _____

Emergency Phone Number (_____) _____

LEVEL (Circle one): MT SQT PW/BT MDG/HS: POSITION (Circle one): Forward / Defense

Select week(s) attending:

 Monday-Friday, July 8th – July 12th

 Monday-Friday, July 15th – July 19th

No Make-ups or Refunds for missed classes

WAIVER RELEASE

It is agreed that neither the Ice Vault nor Karen Cohen-Prosnitz shall in no way be responsible or liable for any injury of any kind arising out of or in the course of an operation of the Ice Vault. It is the intention of the parent to waive and release any and all claims, of any kind whatsoever in law or in equity of his/her son/daughter, or ward, a minor on account of any injury of any kind arising out of or in the course of any operation of the Ice Vault. I grant the Ice Vault and Karen Cohen-Prosnitz the right to use all photographs and videos taken of me during any Ice Vault programs for advertising purposes.

Signature _____ Date ____/____/____