



## Off Ice Training



Off-Ice Training is a class specifically designed for figure skaters. Our classes help to develop muscle strength, balance, and flexibility. Figure skating uses the entire body. Jumps and spins that are taught on ice, will be worked on during off-ice class, giving skaters a comfort level while challenging them. Working on jumps and spins off-ice results in a faster transition to the ice than on-ice training alone.

### **Wednesday Spring Session:**

**5:45pm- 6:25pm March 4<sup>th</sup> – April 22<sup>nd</sup>, 2020**

**Cost:** \$256 – 8-week program, meeting 1 day per week, 40 min class (minimum 3 skaters per class)

**Coach instruction and room fee included.**

### **Bring to Class:**

- supportive sneakers
- a mat or towel
- jump rope
- water bottle
- skating spinner
- sliders

Please contact Karen Cohen-Prosnitz for more information  
[karenc@icevault.com](mailto:karenc@icevault.com) 973-628-1500 ext. 123

**\*\* NO REFUNDS FOR MISSED CLASSES \*\***



## Director's Junior Team Off-Ice Registration Form

### Skater Information

Name \_\_\_\_\_ Age \_\_\_\_\_ D.O.B. \_\_\_/\_\_\_/\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

E-mail \_\_\_\_\_@\_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_

Cell Phone (\_\_\_\_) \_\_\_\_\_

Emergency contact Name and Phone: \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_

Highest Skating Level Passed \_\_\_\_\_

**Class dates:** Wednesdays - 3/4, 11, 18, 25; 4/1, 8, 15, 22

\$256 - 8-week program, meeting 1 day per week; room fee included

Payment method is cash or check only. Credit cards will not be accepted. Payments must be received prior to the first class date.

Checks should be made to: Karen Cohen-Prosnitz.

NO REFUNDS OR MAKEUPS

### WAIVER RELEASE

It is agreed that the Ice Vault 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 the right to use all photographs and videos taken of me during any Ice Vault programs for advertising purposes.

Signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

10 Nevins Road • Wayne, NJ 07470 • Phone (973) 628-1500 • [www.icevault.com](http://www.icevault.com)