

2009 Summer Skating School

June 22 – August 14

Eagles Ice Arena

6321 N. Addison

Spokane, WA 99208

(509) 483-7385

High & Lo Power On Ice Training

High & Lo Flex Off Ice Training

Spin & Jump On Ice Training

High & Lo Jump Conditioning Classes

Private Lessons

Great Training for **Jo Williams Memorial Cup** July 10- 11



Check with a Coach for **Registration** and **Level** designation.



Randy Clark



Meegan McDonald



Berkley Villard



Noreen Clohessy-Olsen



Lindsey Malcolm



Shannon Damiano



Johnnie Bevan

2009 SUMMER SKATING SCHOOL REGISTRATION

JUNE 22-AUGUST 14

Name _____ Address _____

City _____ State _____ Zip _____ Phone _____ Cell _____

E-Mail _____ Highest Test Passed: MITF _____ Freeskate _____

Home Club _____ USFSA# _____ Age _____ Male _____ Female _____

It is understood that the Eagles Ice-A-Rena, Lilac City Figure Skating Club, Professionals, junior coaches, or any assistants, shall not be held responsible for any accidents or loss of personal property on or off the ice and right to compensation is hereby waived.

PARENT SIGNATURE _____ DATE _____

CHECK ALL WEEKS AND SESSIONS YOU WILL BE SKATING AND HAVE COACH AND SKATER SIGN BELOW!

___ Week #1 June 22-26	___ Week #4 July 13-17	___ Week #7 Aug 3 – 7
___ Week #2 June 29-July 3	___ Week #5 July 20-24	___ Week #8 Aug 10-14
___ Week #3 July 6-July 10*	___ Week #6 July 27-31	___ Weeks 1 – 8 June 22– Aug 14

* Jo Williams Memorial Cup Competition held July 10&11

Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	6:45-7:45
8:15-9:15	8:15-9:15	8:15-9:15	8:15-9:15	7:45-8:45
9:30-10:30	9:30-10:30	9:30-10:30	9:30-10:30	9:00-10:00
10:30-11:00 (HI Power)	10:30-11:00 (LO Power)	10:30-11:00 (HI Power)	10:30-11:00 (LO Power)	10:15-11:15
10:35-11:05 (LO Flex)	10:35-11:05 Hi/Int. Flex	10:35-11:05 (LO Flex)	10:35-11:05 Hi/Int. Flex	11:15-11:45 spin/jump
11:15-12:15	11:15-12:15	11:15-12:15	11:15-12:15	
12:30-1:30	12:30-1:30	12:30-1:30	12:30-1:30 Exhibitions	
1:45-2:30 (LO/ Jump)	1:45-2:30 (HI Jump)			

All sessions are open unless designated, however the sessions in early morning are intended toward higher level skaters. We would encourage you to check with your coach before circling your session. The coaches as well as the club are trying to keep safety a concern!

HI Power & LO Power on ice: See Coach for level designation Cost: \$5 per session for coaching fee
 Spin/Jump class on ice: Open to all levels/group instruction Cost: \$5 per session for coaching fee
 HI & LO Flex off ice: Flexibility and body alignment 7 Weeks: 1x week \$42, 2x week \$84 (5 student's minimum)
 HI & LO jump/conditioning class: See coach for level designation 7 Weeks: Cost: \$70 (5 students minimum)

SKATER (sign) _____ COACH(sign) _____ DATE _____

Mail To: Lilac City Summer School Program
 C/o Eagles Ice -A-Rena
 6321 N Addison
 Spokane, W A 99208
 (509) 483-7385