

NOW'S YOUR  
CHANCE!!!

**\$75**

**Saturdays**

**July 10**

7:00-8:30 pm

**July 17, 24, 31 &**

**Aug 7**

5:10-6:40 pm

*The above time includes  
1 hour of instruction and  
a*

*30 minute optional  
Stick & Shoot session.*

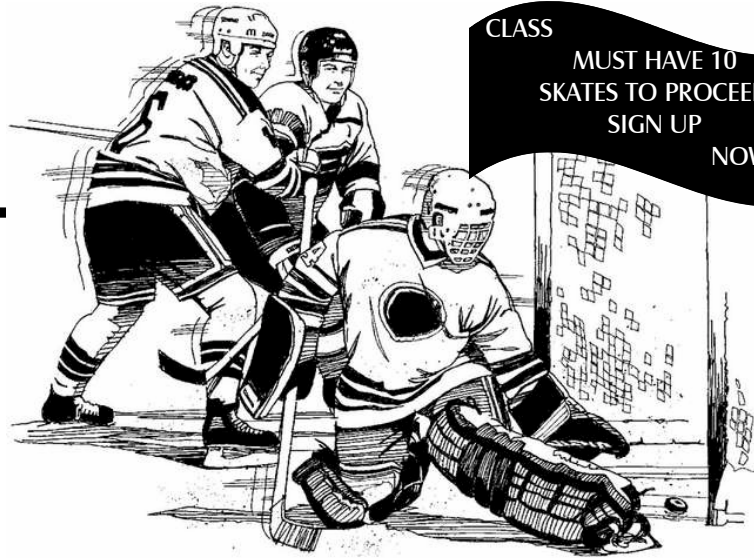


*For more  
information,  
please contact  
Hockey Director Sylvain  
Cardin  
@ (301) 662-7362 ext. 17.*

**Skate Frederick, LLC  
Ice Sports & More!  
1288 Riverbend Way  
Frederick, MD 21701  
301 662-7362  
www.skatefrederick.com**

# ADULT HOCKEY INSTRUCTION

For Beginner to Intermediate levels



CLASS

MUST HAVE 10  
SKATES TO PROCEED  
SIGN UP  
NOW!!!

*This is an entry level  
series designed to  
acquaint beginners with the basics of  
the game of Ice Hockey. Come try  
out the "Coolest Game  
On Earth"!!!*

### Includes:

- One hour of on-ice instruction each day
- Rental skates for the lesson

### Equipment Needed:

Helmet, gloves, and elbow pads are required.

Equipment packages are available in The Pro Zone for \$149.

Includes helmet with cage, elbow pads, gloves, shin pads, and a

**SKATE**  
FREDERICK  
ICE • SPORTS & MORE

# ADULT HOCKEY INSTRUCTION REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Birthday: \_\_\_\_\_

Cost : \$75

Payment Method: Cash: \_\_\_\_\_ Check# \_\_\_\_\_

Visa \_\_\_\_\_ exp: \_\_\_\_\_

Mastercard \_\_\_\_\_ exp \_\_\_\_\_

**RELEASE:** In consideration of the Participant being permitted to register and participate in ice skating at Skate Frederick LLC we do hereby forever release and discharge its Directors, Coaches, Agents, Employees and any person or corporation connected herewith from all manner of action, injury, damages, casts, claims or demands which we will shall or may hereafter have suffer or received by reason of such participant in any program at the center. The release shall be binding on our heirs, assigns, executors and administrators. It is further agreed that Skate Frederick shall not be considered to guarantee or warrant such equipment as may be used in the conducting of said ice skating activity. Skate Frederick LLC reserves the right to use any pictures taken during the skating activity for advertising and/or promotional purposes.

**I HAVE READ AND UNDERSTOOD ALL THE INFORMATION PRESENTED IN THIS FLYER.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date