

\$60

Sundays

September

12 @ 5:10 pm

19 @ 6:30 pm

26 @ 5:30 pm

October 3

@ 5:30 pm

The above time includes 1 hour of instruction and a 20 minute optional Stick & Shoot session.



ADULT HOCKEY INSTRUCTION

**For Beginner to Intermediate levels
MUST HAVE A MINIMUM OF 10
PARTICIPANTS...**



**PLEASE
SIGN UP
ASAP!!**

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 stick.

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 REGISTRATION

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Birthday: _____

Cost : \$60

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