



Bridge Program and Power Skating for Figure Skaters
Spring/Summer Sessions
Milford Ice Pavilion, Wednesday's 5:45-715
Cost for 6 week session \$149.00

Our bridge goal is to build skating skills for those in Basic 4 through Freestyle 6. Skills to be targeted but not limited to include: Jumps, Spins, Ice Dancing, Moves in the Field and Artistry in Motion

Our power skating class will be offered to Skaters that are Freestyle 2 and beyond. The main focus will be strength and speed to improve our all performance on Ice. Classes will be 45 minutes and there will be 45 minutes of practice ice. Skaters will be grouped by level.

Session 1- 4/4*, 4/18, 4/25, 5/2 and 5/9, 5/16

Session 2- 5/23, 5/30, 6/6, 6/13, 6/20, 6/27

Session 3- 7/11, 7/18*, 8/1, 8/8, 8/15, 8/22

*indicates no session the following the week

Name of skater _____ Birthdate _____
Address _____ City _____ Zip _____
Phone # _____ Skating level (Basic 4 or higher) _____
Session 1 _____ Session 2 _____ Session 3 _____
Power Skating only (includes 45 minute practice ice) _____

If you would like to sign up for **bridge and power skating you** will pay a weekly fee to the power coach for the extra lesson. This fee will be an additional \$10.00 a week for the 6 weeks. Please indicate here if you want to add power skating as a second class _____

I understand and agree that the Milford Ice Pavilion, Pros and Staff assume no responsibility for accidents, injuries, dental or medical expenses incurred by my child or myself during his/her participation in this program.

Signature of parent or guardian _____ Date _____

For more information please contact
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