



POWERSKATING CLASSES

Get Ready for the
Upcoming Season

POWER SKATING CLASSES

- Tuesday, August 3 - Tuesday, August 31 (5 sessions)
- 5:30-6:20p weekly
- \$55 for 5 sessions or \$13 drop-in fee
- Available to all hockey players Mite - Bantam
- Classes designed to focus on
 - Proper Edge Quality
 - Quickness
 - Power
 - Bilateral Movement
 - Stamina/Conditioning

Program Direction provided by
Mindi Swallow

**FOR MORE INFORMATION
CALL
(586) 307-8202**

- Skating Director - MCI AFC
- 14 years coaching exp.
- PSA Master Rated Coach
- PSA Level II Hockey Certif

MOUNT CLEMENS ICE ARENA & FITNESS CENTER
REGISTRATION DEADLINE: Mon., Aug. 2, 2010 (full payment due with registration)

WAIVER FORM

In consideration of being allowed to participate in any way in Mount Clemens Ice Arena & Fitness Center (MCI AFC) programs, related events and activities, the undersigned acknowledges, appreciates and agrees that: 1) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of injury does exist; and 2) I KNOWINGLY AND FREELY ASSUMES ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assumes full responsibility for my participation; and 3) I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest instructor immediately; and 4) I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS MCI AFC, CITY OF MOUNT CLEMENS, its elected officials, officers, employees, and RT Arena Management, LLC., their officers, instructors, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name _____

E-mail Address _____

Address _____

City _____ ST _____ Zip _____

Phone-H () _____

Phone-W () _____

Team you currently or last played for: _____

Participant's signature and date signed

FOR PARTICIPANTS OF MINORITY AGE (Under Age 18 at time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and for myself, my heirs, assigns and next of kin, I do also release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above. EVEN IF ARISING FROM THEIR NEGLIGENCE.

Parent/Guardian's signature and date signed

www.mountclemensicearena.com

Make check payable and mail to: Mount Clemens Ice Arena & Fitness Center
200 Groesbeck Hwy.; Mount Clemens, MI 48043
586-307-8202; 586-307-8245