



OFF ICE CONDITIONING CLASS APPLICATION



Instructor: Jenny Shimberg
PSA Professional
Senior Level Competitor

Location: Community Room
Grundy Recreation Center
475 Beaver Street
Bristol, PA 19007

Class Time: Saturday
11:15am to 12:00pm

Class Structure: 45 minutes of an intense workout geared toward improving:
Strength Endurance Flexibility
Jumping "On Ice" Presentation Coordination
Balance Power

Sessions: 5 or 6 week sessions starting September 6th, 2008
Session 1 – September 6, 13, 20, 27 and October 4 (5weeks)
Session 2 – October 11, 18, 25 and November 1, 8 (5weeks)
Session 3 – November 15, 22 and December 6, 13, 20 (5 weeks)
Session 4 – January 3, 10, 17, 24, 31 and February 7 (6 weeks)
Session 5 – February 14, 21, 28 and March 7, 14, 21 (6weeks)
Session 6 – March 28 and April 11, 18, 25 and May 2 (5weeks)
Session 7 – May 9, 16, 23, 30 and June 6, 13 (6 weeks)

Equipment Needed:
Sneakers Jump Rope Water Bottle
Mat Towel

		MEMBER	NON-MEMBER
Fee:	Five Week Session	\$42	\$55
	Six Week session	\$50	\$66
	Walk-on	\$10 a class	\$13 a class

Name: _____ **Email** _____

Address: _____ **City** _____ **State** _____ **Zip** _____

Phone #: _____ **Age** _____ **Level** _____

Session #: _____

Payment: _____ Make checks payable to Jenny Shimberg.

WAIVER /RELEASE FORM

In consideration of the participant being permitted to register and participate in the off-ice training program at Grundy Recreation Center, we do hereby forever release and discharge its Directors, Agents, Employees, Professional Staff and any person connected herewith from all manner of action, injury, damages, costs, claims, or demands which we will, shall or may hereafter suffer or receive by reason of such participation in the program at the center. This release shall be binding to our heirs, assignors, executors and administrators. In the event of my cancellation, all monies are non-refundable.

Parent Signature: _____

(have read waiver and release)