



IST

INTENSE SKILL TRAINING

POWERSKATING & STICKHANDLING

Intense instruction to improve skating technique, speed, agility, puck control and defensive stick / body checking.

\$120 per player
Full Equipment Required

WEDNESDAY NIGHTS

(Circle the series you are attending)

Series 1: Mar 10, 17, 24, 31 Apr 7, 14

Series 2: Apr 28, May 5, 12, 19, 26 Jun 2

Series 3: Jun 9, 16, 23, 30, Jul 07, 14

Series 4: July 21, 28 August 4, 11, 18, 25

(check one)

- 6:00 p.m. - 7:00 p.m. Intermediate
 7:15 p.m. - 8:15 p.m. Advanced

Last Name: _____ First Name: _____

Birthdate: _____ E-mail: _____ Phone #: _____

Address: _____

City: _____ State: _____ Zip: _____

MasterCard or Visa #: _____ Exp Date: _____

Name on Card: _____ Signature: _____

Please make checks payable to **THE POND, INC.** All returned checks are subject to a \$30.00 return check fee.
All refunds are "Limited" to Proof of Medial Injury/Illness, refunds include a \$35.00 non-refundable Registration Fee.

Waiver: In consideration of using The Pond Ice Arena and understanding that there are inherent risks in connection with this activity; I hereby assume these risks for myself and/or individual(s) under my responsibility. I waive any possible claim that may arise against B5BB Ice LLC, The Pond Inc. and its employees for any damages or injuries sustained in the course of the activity and I agree to indemnify and save harmless and not to assert a claim against or sue B5BB Ice LLC, The Pond Inc., and its employees for any such damages or injuries or any and all other claims which may arise in connection with my (our) use of the facilities, or travel to and from these facilities.

Parent Signature: _____

For more information, please contact the Hockey Director **Mark Cardillo**
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