

Strength & Conditioning for Figure Skaters

SUMMER 2017

Dates: June 5—June 30 (session 1)

July 10—Aug 4 (session 2)

Registration Deadline: June 2nd (late fee after deadline)

(line)

Registration Deadline: July 1st \$10 (\$10 late fee after dead-

Open to: Members & Non-Members

Cost: \$72.00 per 4 week session (2 classes per week)

Trainer Contact Information:

\$144.00 per 4 week session (4 classes per week)

Chris Langei | phone: 701.746.2790 ext. 205

| email: clangei@choicehf.com

Barre Fitness Bootcamp

Training that blends the lengthening and toning of ballet with the strength and conditioning of bootcamp.

Strength & conditioning Class

Class includes dynamic warm-up and hip mobility for injury prevention and movement efficiency, training techniques to increase strength, power & flexibility, endurance training to improve stamina and be energized throughout the practice session or performance and balance training

- Age appropriate exercises that follow the guideline of the American Development Model (ADM)

Training will be done at Choice Health & Fitness as we have mirrors, dance bars and equipment needed to facilitate this type of training. Personal Training Studio

***We must have a minimum of 5 skaters per group by the registration deadline to offer the class.*

Training Groups	Days Times	Trainer
Barre Fitness Bootcamp	Mon & Wed 11:30-am-12:00 am (ages 8-11) Mon & Wed 12:00-am-12:30pm (ages 12-18)	Veronica
Strength & Conditioning Class	Tues & Thurs 11:30-am-12:00 am (ages 12-18) Tues & Thurs 12:00-am-12:30pm (ages 8-11)	Personal Trainer
Sport Yoga	Free to members of Choice Health & Fitness (NO youth guest fees are allowed for these classes and it is only open to older age group.)	See Choice Schedule

CHOICE PERFORMANCE ENHANCEMENT | Figure Skating GROUP TRAINING - SUMMER 2017

Name: _____

Date of Birth: ____ / ____ / ____ Gender: M F

Parent Name(s): _____

Email: _____

Address: _____

City/State/Zip: _____

Parent Phone: (____) - ____ - ____

Alternate Phone # (work, mobile, etc.) (____) - ____ - ____

I hereby acknowledge the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained by my child while attending this program. I also understand that any medical bills incurred by my child due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Parent/Guardian Signature: _____ Date: _____ (Must sign before child can participate in program)

Please circle the group your skater would like to attend:

M & W Barre Fitness Bootcamp	11:30am or 12:00pm Session 1 \$72.00	Session2 \$72.00
T & Th Stength & Conditioning Class	11:30am or 12:00pm Session 1 \$72.00	Session 2 \$72.00

For office use only: Ring up under "Athletic Developement" Please add note Figure Skating