



Term 4

“Stroking/Edges”

Enjoy our Sensational Ice in 2009

Commencing: Friday 23rd October, 2009

class commencing at 6.00pm

STROKING/EDGES PROGRAM CONCENTRATES ON YOUR STROKING TECHNIQUE & IMPROVES STRENGTH, ENDURANCE, SPEED, BALANCE. THE CLASS HIGHLIGHTS: STROKING, CROSS-OVER'S & EDGE TECHNIQUE IN DRILLS AND PATTERNS.



- ▶ Be quick to secure your place with full term payment to the Ice Skating Club of Bendigo
- ▶ Minimum number of 5 skaters
- ▶ All ISCB Members welcome
- ▶ **Term fees 9 weeks @ \$7.00 = \$63.00**

✂ _____

I Would like to participate in the next ISCB Stroking/Edges program, to be held Fridays at 6.00pm, commencing 23rd October 2009. Please find attached / enclosed term fees for 9 weeks @ \$7.00=\$63:00 in total. I understand that payment is for the current term and unused sessions are unable to be refunded or carried over into the next term.

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Signed

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Date

Please complete / update your Athlete Medical Profile – Personal Record (available from ISCB) and submit together with this application