

EXCEL TRACK



8116 Church Road * Elkins Park, PA
At the corner of Church Rd & Old York Road (Rt. 611)

215.635.0331

www.oyrsc.org

Celebrating 52 Years! 1956-2009

This program is for our **Old York Road Skating Club Members*** who are looking to improve their skating in flexibility, power, edge quality, jumps and spins. The skaters will start off-ice with a 30 minute **warm-up/stretch class**. Then they will go on the ice for their 15 minute **power class** followed by a half hour of **jumps and spins**, concluding with a 15 minute **edge class**. Skaters at the Basic 6 level or above are eligible to sign up (skaters below will need to be evaluated by one of our instructors).



SESSION DAYS AND TIMES

Wednesdays 5:30-7:10

- 30 Min. Off-Ice Stretch Class
- 15 Min. Power Class
- 30 Min. Jump/Spin Class
- 15 Min. Edge Class
- 6 Week Sessions



SESSION START DATES

- Session I September 30, 2009**
- Session II October 28, 2009
- Session III January 13, 2010
- Session IV..... March 3, 2010
- Session V..... April 21, 2010



Pgm Only
\$125*

*This program is open to OYRSC members only. Please pick up an application at the Front Office or contact Julia Rey, jrey@sbgmanagement.com.

**Session I will be a 4-week mini session for \$85.00

2009-2010 EXCEL TRACK: Session: Session I Session II Session III Session IV Session V

Last Level Passed: _____

Participant's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Contact Name: _____ E-Mail: _____

Please make checks payable to **THE RINK AT OLD YORK ROAD**

Payment Options (Circle One): Cash Check Money Order Visa Amex Master Card

Credit Card #: _____ Exp. Date: _____ Signature: _____

Parental Consent:

IN CONSIDERATION OF THE PARTICIPANTS AND HIS OR HER PARENT(S) BEING PERMITTED TO REGISTER THE PARTICIPANT IN THE BRIDGE PROGRAM WE DO HEREBY FOREVER RELEASE AND DISCHARGE THE RINK AT OLD YORK ROAD AND YORK ROAD RECREATION, INC., ITS OFFICERS, AGENTS, EMPLOYEES AND ANY PERSON, PARTNER-SHIP OR CORPORATION CONNECTED HERewith COLLECTIVELY "OYR" FROM ALL MANNER OF ACTION, INJURY, DAMAGES, COSTS, CLAIMS OR DEMANDS WHICH WE SHALL OR MAY HEREAFTER HAVE SUFFER OR RECEIVE BY REASON OF SUCH PARTICIPATION IN CLINIC. THIS RELEASE SHALL BE BINDING ON OUR HEIRS, SUCCESSORS, ASSIGNS, EXECUTORS AND ADMINISTRATORS.

Parental/Guardian Signature

Date