

The KW Sertoma Speed Skating Club is proud to provide a "Learn to Speed Skate" program for participants in the Kitchener-Waterloo area. This is a fantastic way to try out the sport that we are passionate about. The sport provides recreational, fitness & social opportunities, as well as competitive opportunities for those who are interested.

#### Highlights of the Program:

- √ Improve your skating skills
- √ Speed Skates are provided
- √ Fun, fast & exciting
- √ Skaters of all ages & abilities are welcomed
- √ A great sport for the entire family

#### Club Memberships:

- √ Single & Family Memberships
- √ Rental Skates available
- √ Fitness, Recreational, Social
- √ Practice most Monday, Thursday & Saturdays Sept - March (see Ice Schedule)
- √ Club Mini-Meets & Badge Program
- √ Opportunity to train for Ontario Speed Skating Meets
- √ Dry-Land Training in Off-Season

#### Fall 2009 Session:

- Saturday September 12, 19, 26
- Saturday October 3
- Time: 10:00 - 11:00 AM
  - \* Arrive 30 minutes early

#### Registration & Skate Fitting:

- Thursday, September 3, 7:00 - 9:00 PM

#### Winter 2009 Session:

- Saturday January 23, 30
- Saturday February 6
- Time: 10:00 - 11:00 AM
  - \* Arrive 30 minutes early

#### Registration & Skate Fitting:

- Thursday, January 14, 7:00 - 9:00 PM

#### Program Location & Sign-Up:

- RIM Park Recreation Complex

#### Price per Session:

- \$50.00 per individual
- \$120.00 per family

#### Questions ??:

- Call: Doug Flynn 519-742-4026
- Visit: [www.kwspeedskating.com](http://www.kwspeedskating.com)
- Info: Showcase in RIM Park Lobby

#### **Mandatory** Equipment (limited supply available from club):

- Hard-Shell Helmet (bicycle or hockey)
- Bib-Style Neck Protector
- Knee Pads (volleyball or roller-blading)
- Shin Guards (soccer)
- Gloves (nylon or leather)
- Long Sleeves, Long Pants, Long Shirt

### *Learn to Speed Skate Application Form*

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_

Phone (H): \_\_\_\_\_

Phone (B): \_\_\_\_\_

Sex: Male:  Female:

Adult (over 18): Yes:  No:

The following is optional for adults over the age of 18:

Birth Date: \_\_\_\_\_

Age: \_\_\_\_\_

How did you become interested in Speed Skating ?? (check all that apply):

- Friend/Relative
- Waterloo Leisure magazine
- Kitchener Leisure magazine
- Internet / KWSSC website
- Brochure
- Watched a practice
- Watched a meet
- Watched Speed Skating on T.V.
- Other: \_\_\_\_\_

Office Use Only:

Assigned Skate: \_\_\_\_\_

## Learn to Speed Skate Application Form

Previous Skating Experience:

Yes:  No:

If yes, indicate your skill-level:

- Beginner
- Intermediate
- Advanced

If yes, indicate type:

- Speed Skating
- Hockey
- Figure Skating
- Recreational
- Roller-Blading

In consideration of you accepting this application, I hereby for myself and my heirs, executors and administrators, waive and release any and all right and claims for damage I may have against the KW Sertoma Speed Skating Club, the Ontario Speed Skating Association, Speed Skating Canada, the City of Kitchener, and the City of Waterloo, on or suffered by me during club organized training, practice and competition events.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Applicant or Parent/Guardian if Applicant is under 18 Years of Age)

The KW Sertoma Speed Skating Club was formed in 1963 by a group of interested families. It remains a family-oriented club with skaters of all ages, including Special Olympic Athletes. On-ice instruction is tailored to groups of different ages & abilities; young children, youth, and adults of all ages are welcome. Some skaters follow the more competitive stream, and some are interested in the fitness & social aspects of the sport. Our team of dedicated volunteer coaches develop a program tailored to suit each skater. Our NCCP coaches receive ongoing training from the Ontario Speed Skating Association, as well as other training programs. In 2004, the club gave its racing team a name -- "The KW Cobras". Team suits & jackets are available for meets. The KW Cobras participate in many meets run by Ontario clubs, and beyond. Some competitive skaters qualify to go to Provincial & National Championships, as well as the Ontario & Canada Winter Games.

The KW Sertoma Speed Skating Club gratefully acknowledges support from all of the following generous organizations:

- KW Sertoma Club
- Trillium Foundation of Ontario
- City of Waterloo
- City of Kitchener

## Learn to Speed Skate

with the

*KW Sertoma Speed Skating*

*Club*

and the



- ✓ 4 hours of instruction on the fundamentals of Speed Skating
- ✓ Nationally Certified coaches
- ✓ Two Programs Available, Starting:
  - September 2009
  - January 2010
- ✓ Improve your skating skills
- ✓ Speed Skates provided
- ✓ Fun, fast & exciting
- ✓ Skaters of all ages & abilities
- ✓ A great sport for the entire family