



# Skate NL

## Strength and Conditioning Classes

Instructor – Scott Mercer

January 20 - March 27

\* 10 weeks\*

Classes may be cancelled due to competitions, events etc...

**Cost:** \$125 per skater (any number of sessions per week)

**Registration:** <https://skatenf.uplifterinc.com/registration/>

### SCHEDULE

Monday	Wednesday	Saturday	Sunday
7:30pm-8:20pm *Online	7:30pm-8:20pm *Online	2:30-3:20pm *Paradise Double Ice Complex	10:30-11:20am *Paradise Double Ice Complex
		3:40-4:30pm *Paradise Double Ice Complex	7:30pm-8:20pm *Online

\*\*\*NOTE – Class taken via ZOOM are **NOT** covered under the Skate Canada insurance program. If you wish to participate, you must also complete the waiver below and return to: [skating@sportnl.ca](mailto:skating@sportnl.ca)

### Athletes Personal Information:

Name: \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Liability Waiver:

I the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in any exercise program may be injurious to my health, am voluntarily participating in a physical activity.

Having such knowledge, I hereby acknowledge the release of Scott Mercer, Skate Canada NL, any coach, instructor, agent, and governing body from liability for accidental injury or illness which I may incur as a result of participating in online video or live stream training sessions. I hereby assume all risks connected therewith and consent to participate in said programs.

I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate in said training sessions.

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature (if 18 and older): \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

***\*This form ONLY needs to be completed if you plan to take part in ZOOM classes.***

***Send to [skating@sportnl.ca](mailto:skating@sportnl.ca) prior to first class.***