



**SUMMER 2011  
ADULT HOCKEY SKATING SKILLS CLINIC  
AGES 18 AND UP**

The WSC is pleased to present an ADULT HOCKEY SKATING SKILLS CLINIC with Donna Helgenberg. This program will improve your skating ability as well as your technical knowledge and understanding of skating and stick-handling mechanics. We will cover explosive starts, stops, as well as different techniques and elements of forward skating, backward skating, edges and transitions. These skills will be matched with the timing and coordination of upper-body for speed and stick-handling. This clinic will help you develop better proficiency in your skating and better coordination for stick-handling. Ladies are welcome to attend.

**SIGN UP NOW!!!!!!**

- **5 Sunday sessions.**
- \$100 for all 5 sessions
- \$25 per individual sessions.
- **July 31<sup>st</sup> 8:45 PM – 10:15 PM**
- **August 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> - 8:45 PM – 10:15 PM**
- If you plan on making any sessions, please fill out the attached form and scan & email or fax it to the club ([office@wissskating.com](mailto:office@wissskating.com) or fax (215) 247-9466).
- If credit card is not used, please mail or drop off your payment with a hardcopy of the completed form to WSC at 550 West Willow Grove Ave., Philadelphia, PA 19118.
- **FULL HOCKEY EQUIPMENT IS REQUIRED**

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Name: \_\_\_\_\_ Years Skating Experience: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (H): \_\_\_\_\_ Phone (W): \_\_\_\_\_ Phone (C): \_\_\_\_\_

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

QUESTIONS: Lydia Bukowski email: [office@wissskating.com](mailto:office@wissskating.com)

Paul Messa at (267) 808-7200 email: [pmessa@architecturals.net](mailto:pmessa@architecturals.net)

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*For official use only:*

Date Received: \_\_\_\_\_ Amount Received: \$ \_\_\_\_\_ Check #: \_\_\_\_\_

Cash: \$ \_\_\_\_\_

Visa / MC / Discover #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_