



Yoga for Figure Skaters

Take your figure skating to the next level with off-ice yoga training. Classes start with a flow practice to help skaters warm up, build muscle control, body awareness, endurance and core strength, followed by fun, challenging project-based sessions designed to systematically build the flexibility, grace, and alignment needed to safely achieve beautiful spirals, spread eagles, lunges, pancakes, sit spins, split jumps, illusions, Biellmans, and more.

Fall 2015 Registration

Complete this form for each participant or register online (preferred) at z.umn.edu/yoga4skaters2015

Mail or drop off payment by or before November 6:

Lori Mollberg, 5620 105th Ave N, Brooklyn Park, MN 55443.

Please include student names with payment. Checks payable to Lori Mollberg. Proceeds from this off-ice training support the Three Rivers Figure Skating Club.

Session Information

6 sessions | Saturdays, 11:45 AM-12:45 PM

November 7 - December 19, 2015 | No class November 28

Classes take place at the Brooklyn Park Community Activity Center, Grand Room 2

- \$60 (\$10/session) for payment received by November 6
- \$66 (\$11/session or pro-rated) for registration and payment after November 6
- \$12/class Drop-In Rate, space available (If dropping in, please arrive early to check in. Bring \$12 cash or check made out to Lori Mollberg. Minimum registration needed to run course.)

Questions? Contact Lori at lorimollberg@gmail.com or 612-720-4959.

Information & Online Registration: sites.google.com/site/yogaforfigureskaters

Registration Form *(please print)*

Student Name: _____ Skating level (if applicable) _____

If student is under 18, parent/guardian name: _____

Address: _____ City: _____ Zip Code: _____

Phone: _____ (Cell or Home) E-mail: _____

Emergency Contact: _____ Emergency Contact Phone: _____

Have you participated in a yoga class before? No, I'm new to Yoga | Yes, A little experience | Yes, Lots of experience

Are you a current member of the Three Rivers Figure Skating Club? Yes | No | Not Sure | Other Club:

What would you like to gain by participating in this class?

Strength | Endurance | Flexibility | Balance | Grace & Coordination | Reduce Stress | Improve specific skating moves
Spend Time with Family or Friends | Other:

Do you have any injuries, surgeries or health concerns that may impact your yoga practice or require modification?

Waiver

By signing up for this class, student (parent/guardian) acknowledges that they understand, participation in any physical activity, including yoga, involves some risks. Student is healthy enough to participate in this activity, understands their own physical limitations, and is sufficiently self-aware to stop physical activity or adjust practice immediately, if needed, to avoid injury. Student (parent/guardian) releases instructor and Three Rivers Figure Skating Club from all liabilities in connection with participation in this activity. Due to required pre-payment of classroom rental fees, reimbursements will not be made for individual classes missed by students. Student (parent/guardian) also understands that a minimum number of students must pre-register for the course to run. If minimum numbers are not met, course will be cancelled and fees returned in full. Scheduling or location of the activity may also change on occasion. If this occurs, participants will be notified by email. Drop-in students must contact the instructor and request to be added to the class email list to be notified of changes or cancellations.