

# FitSkate

FitSkate invites current or former competitive, professional and recreational skaters alike to enjoy the benefits of a workout program while utilizing on-ice skills. The program includes high-intensity interval training methods with on-ice skating techniques to create fun and effective total body workouts that are inclusive for all skaters.

## DATES & TIMES

Tuesday, July 12 10:15 - 11AM  
 Tuesday, July 19 10:15 - 11AM  
 Tuesday, July 26 10:15 - 11AM  
 Tuesday, August 2 10:15 - 11AM  
 Tuesday, August 9 10:15 - 11AM  
 Tuesday, August 16 10:15 - 11AM

## EQUIPMENT

- Yoga Mat
- Skates
- Water Bottle

## FEE

\$72/per person  
 \$13/Drop-in  
 Min. 5 skaters/Max. 20 skaters

## ACTIVITY#

15992

## REGISTRATION

**OPENS JUNE 20**

Walk-in/Mail-in:  
 Sertich Ice Center  
 1705 East Pikes Peak Ave.  
 Colorado Springs, CO  
 80909

Phone: (719) 385-5983

Fax: (719) 385-6063

Online:  
[coloradosprings.gov/Sertich](http://coloradosprings.gov/Sertich)

## ABOUT SHELBY LYONS

Shelby Lyons is a coach from Colorado Springs, Colorado. She has over 18 years of coaching experience in Texas, Colorado, and Florida. She teaches all ages and disciplines from the Learn to Skate to Senior levels. Shelby is a 2 time US World Team competitor in Pairs and a 3 time US Junior World Team competitor in singles. She is the 1996 US Junior Ladies National Champion. Shelby toured with Disney on Ice and skated aboard the Royal Caribbean Cruise ship Adventure of the Seas. Shelby enjoying bonding with her skaters and helping them accomplish things they never thought possible!

REGISTRATION FORM

Parent/Guardian \_\_\_\_\_ Email \_\_\_\_\_  
 Address \_\_\_\_\_ City/Zip \_\_\_\_\_  
 Primary Phone \_\_\_\_\_ Secondary Phone \_\_\_\_\_  
 Payment Method  Cash  Check  Visa  Mastercard  Discover  American Express  MO  Other \_\_\_\_\_

Participant's First and Last Name	M/F	Date of Birth	Activity #	Fee	Office Use

I acknowledge and accept the Health Insurance Coverage conditions

I fully understand that Fit Skate does not provide accident or health insurance coverage for my son/daughter while he/she is participating in Fit Skate lessons. I further understand that it is my sole responsibility to provide accident insurance coverage for myself/child(ren). I hereby agree to defend, hold harmless, indemnify, release and forever discharge the City of Colorado Springs, Sertich Ice Center, Shelby Lyons, its directors, officers, agents and employees, from and against any and all claims, demands and causes of action, on account of damage to personal property or personal injury.

I acknowledge and agree to the Participant Warning Statement

Although participation in supervised athletics and activities is generally considered safe, and serious injuries are not common, it is impossible to eliminate every risk. To help reduce accidents and injuries, players must obey safety rules, report all physical problems, follow a proper conditioning program and inspect their own equipment. By registering for this program, you acknowledge that you have read and understand this warning. Those who do not wish to accept the risk should not register or participate.

*The City of Colorado Springs carries no insurance for participants or spectators.*

*The Emergency Medical Service will be called for all medical emergencies, and individuals will be responsible for all ensuing charges.*

**INFORMATION PROVIDED BELOW WILL BE DESTROYED IMMEDIATELY AFTER REGISTRATION IS PROCESSED**

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CVC Code: \_\_\_\_\_

*I authorize PRCS to use my credit card for fees in the above listed activities*



Print Cardholder's Name

Signature of Cardholder

SERTICH ICE CENTER • 1705 EAST PIKES PEAK AVENUE • COLORADO SPRINGS, CO 80909 • (719) 385-5983 • [COLORADOSPRINGS.GOV/SERTICH](http://COLORADOSPRINGS.GOV/SERTICH)

