

William G. Mennen Sports Arena Strength & Circuit Training for Figure Skaters



WITH
**SUZANNE
ECHEVARRIA**

***NJ STATE CERTIFIED K-12 PHYSICAL EDUCATION &
HEALTH TEACHER***

Primary Focus *Strengthening *Power *Circuit Training *Stretching
*Core Strength *Coordination *Injury Prevention

*Skaters are required to bring their own Exercise Ball & Mat.

Participants must wear sneakers.

(Concerns about equipment, please contact Jackie in the Main Office).

<u>Saturday</u>
6-Weeks
9:55am-10:40am
\$90.00
September 11, 18; October 9, 16, 23, 30, 2010

Name of Skater _____ Date of Birth _____

Address _____
(Include Zip Code)

Phone (Home & Alternate) _____

E-Mail _____

Parent / Guardian Signature _____

Please check for the appropriate class: _____ Saturday (\$90.00)

**Please make checks payable to: Morris County Park Commission (MCPC)*

www.morrisparks.net

161 East Hanover Avenue, P.O. Box 1295, Morristown, NJ 07960

Phone: (973)326-7651 Fax: (973)829-8698

