



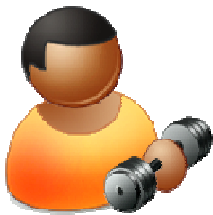
Term 4

“OFF ICE”

Enjoy our refurbished back club rooms

Commencing: Tuesday 20th October, 2009 - 6pm

OFF ICE CONSISTS OF EXERCISES TO ASSIST IN BUILDING OVERALL FLEXIBILITY, STRENGTHENING AND CORE STRENGTH, ALL CARRIED OUT ON THE COMFORT OF OUR NEW SAFETY EXERCISE MATTING.



- ▶ Be quick to secure your place with full term payment to the Ice Skating Club of Bendigo
- ▶ Minimum 5 skaters per session
- ▶ All ISCB Members welcome
- ▶ Term fees 9 weeks @ \$7.00 = \$63.00

✂ _____

I Would like to participate in the next ISCB off Ice program, to be held Tuesdays at 6.00pm, commencing 20th October, 2009. Please find attached / enclosed term fees for 9 weeks @ \$7.00=\$63:00 in total. I understand that payment is for the current term and unused sessions are unable to be refunded or carried over into the next term.

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Signed

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Date

Please complete / update your Athlete Medical Profile – Personal Record (available from ISCB) and submit together with this application