

Glenwood Figure Skating Club Presents a 1-Day Seminar with Kim Ryan, Founder of Spinergy!

Sunday, March 5, 2017

12:00 PM – 5:00 PM

Southwest Ice Arena

5505 W. 127th Street, Crestwood, IL

Glenwood Priority Registration Deadline: February 17th

Final Registration Deadline: February 24th



Kim Ryan has been coaching figure skaters in the Pacific Northwest and across the country for more than 40 years. A former competitive skater herself, Kim trained under [John Nicks](#) – renowned coach of Olympic skaters such as Ashley Wagner, Sasha Cohen and Tai Babilonia and Randy Gardner. Kim has competed at the Regional as well as National level and she understands the commitment and dedication required to achieve your figure skating goals.

In 2005, after many years of teaching all elements of a balanced program, Kim decided to focus her skills on the discipline that had always been at the core of her strength as a coach and created *Spinergy* – a focused and energized approach to both the art and mechanics of spinning.

Spinergy seminars cover everything from spinning basics, to IJS judging standards to a better test and competition results. This seminar will utilize the latest techniques, trends and spin design to empower, inspire and deliver better performance results for the competitive skater.

A Final Schedule will be sent to registered skaters no later than Sunday before the seminar.

Please E-mail Deborah Swanson at kramerswanson@att.net for more information!

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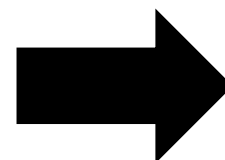
Seminar Registration Form

Skater/Coach Name:	Skater USFSA#/Coach PSA#:
Address, City, State, Zip:	
Phone Number:	
Emergency Number:	
Home Club:	
Moves Level: Which moves have you passed? Please check one. <input type="checkbox"/> No Test/Pre-Pre <input type="checkbox"/> Prelim - Juv <input type="checkbox"/> Inter. & above	
Coach's Signature: _____ PSA#: _____ <small style="text-align: center;">Coach's signature confirms skater's level</small>	
Coach Tuition	FREE
Skater Tuition (GFSC Member Only)	\$25.00
Skater Tuition (NON GFSC Member)	\$40.00
Total Payment Enclosed	\$ _____
Please make check payable to Glenwood Figure Skating Club and mail to Deborah Swanson at 12212 S. 68th Ct. Palos Heights, IL 60463	

Kim is also available for private lessons on Monday, March 6th from 5:30 to 8:30 am at a cost of \$60 per 1/2 hr. Please mark your time preference below, indicating 1st and 2nd choice option. These are offered on a first come, first served basis.

5:00-5:30 _____ 5:30-6:00 _____ 6:00-6:30 _____ 6:30-7:00 _____

7:00-7:30 _____ 7:30-8:00 _____ 8:00-8:30 _____



The undersigned approves this registration and agrees to hold harmless Kim Ryan, US Figure Skating, Ice Skating Institute, Glenwood Figure Skating Club, and Southwest Ice Arena from any and all loss, damage and/or injury sustained in any manner while participating in any activities of this seminar.

Coach Signature: _____ Date: _____

Skater Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

(Required if skater is under 18 yrs of age)