

Indian Hill Winter Club



Hours This Week:

Monday 7a-7p
Tuesday Closed
Wednesday 7a-7p
Thursday Closed
Friday 7a-3p
Saturday 8a-12p
Sunday Closed

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E-Statements Please note on your statement that the 2nd of 3 installments of dues has been billed to your account. We have split it this way to help our members.

Looking forward to a great 09-10 season with **more member value** than ever. We will have **more open ice and gym during school holidays**. We'll have a popular music series, new fitness opportunities and lots of on-ice programming to make open skates more fun than ever!!

Hopefully you have received your last several statements from the Winter Club electronically via email. July statements were emailed today. If you haven't received yours, please call Lisa at 576-9444 or email her at

lstoughton@ihwinterclub.com.

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Chaperone Schedule The 2009-10 chaperone schedule and signup will be coming out in soon. This year we will be **signing up online** for a limited time and then anyone who hasn't chosen a date will be assigned one of the remaining dates.

We hope this will give our members a better way to choose their own dates and automate some of this project to aid our hard working staff...who, of course, will be there to help you if you need it. We will keep you informed as we get closer to sending the online registration.

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Think Fall Skating Save the Date -Skaters Wanted: Fall Learn to Skate begins September 9th! Online registration coming soon! **Buy 6 get 7 classes!**

United States Figure Skating Annual Membership Registration online now. If you or your skater will participate in Learn to Skate or the Olympic Spirit Ice Show, please [register here](#) for your annual USFS Basic Skills Membership.

Membership is valid July 1-June 30 every year. Membership entitles the skater to participate in USFS shows and competitions, provides skater skills tracking booklets and stickers, provides curriculum and instructor training, provides support materials for our IHWC LTS Program.

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Youth Hockey Information Now's the time to get information on youth hockey for your future Joe Sakic (or Gillian Apps) by contacting Kevin Lord at klord@ihwinterclub.com or call him at 240-6539.

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Chris Lingenfelter, Director of Personal Training brings 12 years of personal training experience to the IHWC. He works with all ages, from teens and college students sports conditioning to adult fitness.

- Received the Senior Fitness Team Award from the Keiser Institute on Aging.
- Certified as a Sports Conditioning Specialist by the National Strength and Conditioning Association. Chris is one of only 8,000 people in the US with this certification.
- Trained many All-State High School athletes and several college All Americans
- BS in Health Education from UC.
- Track & Field Coach at Moeller High School

Schedule time with Chris clingenfelter@ihwinterclub.com for your student athletes this summer and have them ready for next sports season! Need to be motivated to stick with your summer fitness regimen? Schedule personal training sessions with Chris to keep you on track!

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513-576-9444