

## **OPTIMAL PRE-TRY OUT POWERSKATING CAMP (AGES 8 - 11)**

**PRICE: \$199.00**

**8 Hours of specific on-ice instruction designed to prepare your son or daughter for the upcoming tryouts and winter season.**

-The class is open to ringette or hockey players

-No pucks or rings will be used in the class

-Technique and repetition will be stressed as players try to break bad habits and learn the proper skating stride

-Classes will be intense, as players will be expected to leave the camp in game shape, and ready for the season.

### **Sessions:**

- 1. Friday, August 27<sup>th</sup> @ 5:20pm – Dakota South**
- 2. Saturday, August 28<sup>th</sup> @ 10:20am – Dakota South**
- 3. Sunday, August 29<sup>th</sup> @ 10:20am – Dakota South**
- 4. Wednesday, September 1<sup>st</sup> @ 5:20pm – Dakota South**
- 5. Wednesday, September 8<sup>th</sup> @ 4:50pm – Dakota South**
- 6. Friday, September 10<sup>th</sup> @ 5:10pm – Dakota South**
- 7. Saturday, September 11<sup>th</sup> @ 11:30am – Dakota South**
- 8. Sunday, September 12<sup>th</sup> @ 11:30am – Dakota South**