

OPTIMAL PRE-TRY OUT POWERSKATING CAMP (AGES 12 - 15)

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. Wednesday, August 25th @ 7:40pm – Dakota South**
- 2. Thursday, August 26th @ 8:50pm – Dakota South**
- 3. Saturday, August 28th @ 11:30am – Dakota South**
- 4. Sunday, August 29th @ 11:30am – Dakota South**
- 5. Tuesday, August 31st @ 6:30pm – Dakota South**
- 6. Thursday, September 2nd @ 5:20pm – Dakota South**
- 7. Tuesday, September 7th @ 6:20pm – Dakota South**
- 8. Thursday, September 9th @ 6:20pm – Dakota South**