

1. **OPTIMAL POWER SKATING – Boys & Girls Ages 8 - 13**

4 hours of specific on-ice instruction designed for your experienced son or daughter playing hockey. The Power Skating Program is designed to teach students all bio-mechanical necessities required for quicker, more efficient skating technique. Teaching includes all individual technical skills of forward/backward skating to include strength/balance/agility, quick starts/stops, high speed turns/x-overs/pivots, and allows for lots of repetitions required to improve everyone's powerful skating performance.

Session 1: Ages 8 - 10

4-1 hour Sessions: September 4 - 7

Ice Times:

1. Thursday, 4:50 – 5:50 pm	3. Saturday, 9:30 – 10:30 am
2. Friday, 5:20 – 6:20 pm	4. Sunday, 11:50 – 12:50pm

Session 2: Ages 11 - 13

4-1 hour Sessions: September 4 - 7

Ice Times:

1. Thursday, 6:00 - 7:00 pm	3. Saturday, 10:40 – 11:40 am
2. Friday, 6:30 - 7:30 pm	4. Sunday, 1:00 – 2:00 pm

COST: \$110.00