

# Power Stroking Class

## Saturday Morning Power Stroking Class with Interp!

**9:45-10:30am**

**\* Note time change**

A power stroking class on Saturdays, May 8th through June 12th from 9:45-10:30am. There will be no class on Saturday, May 29th due to the Memorial Day holiday.

This class will be catered to advanced figure skaters (passed Preliminary Moves and up) who would like to improve their power and edgework through on-ice drills and endurance training.

The stroking class will be held in conjunction with AdvantEdge; skaters should check with their private lesson coach to determine which class is best suited to their needs.

30 minutes of the Power Stroking class will be devoted to stroking exercises with the last 15 minutes of class joining the artistic segment of AdvantEdge.

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**Class Dates:** Sat., May 8th–June 8th (no class May 29th)

5-class session: \$75 / walk-on rate: \$20 per class

Special Promotion: Skaters may enroll in Ballet/Stretch & Power for \$150!

This is a \$50 Savings! Enroll in “Combined Ballet / Power” class to receive savings!