

Power Stroking Class

Time: 5:15–5:30pm

Mondays: January 2nd–February 20th

Power Stroking Class

This high energy class will be offered to figure skaters Basic 6 and up, who would like to improve their power and edgework through on-ice drills and endurance training. The class will be divided, if necessary, based on skill level.

Hockey players are also welcome to enroll! Hockey players should be proficient at forward and backward skating as well as turning from forward to backward and backward to forward.

This class will include power stroking and edge work exercises appropriate to the level of skaters participating.

This is a fun-filled and fast paced class designed to encourage endurance training while skating to today's top music!

Class Dates:

Monday, January 2nd - Monday, February 20th
8-class session: \$40 / Walk-on rate: \$10 per class

*No make-ups, credits or refunds for missed classes.