

Power Plus!

Spring 2018 AdvantEdge Power Stroking

Power Stroking is a high energy class offered to competitive skaters who would like to improve their power and edgework through on-ice drills and endurance training.

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

Power Stroking will be followed by a 15 minute segment that will rotate between spins, jumps, choreo/movement & dance.

AdvantEdge is open to skaters who've passed Basic 4 and up.

Class Details:

Saturdays, March 10th through April 28th

No class Saturday, April 14th due to State Games

7-class session: \$140 / Walk-on rate: \$25 per class

*\$10 ON-LINE registration discount through March 4th

- * \$10 second class discount for those also enrolled in Learn to Skate!
- * Class Card with seven COMPLIMENTARY 30mn FREESTYLE sessions!
- *Please note: there are no make-ups, credits or refunds for missed classes.
- Walk-on skaters must give paid receipt, with skater's name, to Learn to Skate check-in table attendant at start of class.