

# Power Plus!

## Summer 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.

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### Class Details:

Saturdays, June 23rd through August 4th

(No class Saturday, July 7th due to the 4th of July holiday)

6-class session: \$125 / Walk-on rate: \$25 per class

\*\$10 ON-LINE registration discount through Sunday, June 17th

\* \$10 second class discount for those also enrolled in Learn to Skate!

\* Class Card with six 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.