

# POWER PLUS!

## Winter 2019 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 and dance.

AdvantEdge is open to skaters who've passed PRE-FREESKATE and up.

### Class Details

**Saturdays, January 12th - March 3rd**

**8 class session: \$144**

**Walk-on rate: \$25 per class**

- \$10 ONLINE registration discount through **Sunday, January 6th**
- \$10 second class discount for those also enrolled in Learn to Skate!
- Class Card with eight COMPLIMENTARY 30min 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.*

