

HOCKEY POWER SKATING

\$110.00

Thursdays

6:30 - 7:30 pm

The Primary Focus

- *Leg Drive and Recovery*
 - *Starts & Stops*
- *Explosive Acceleration*
 - *Backward Speed*
 - *Quickness.*

*POWER SKATING IS A COMBINATION OF
BALANCE, SPEED, STRENGTH AND
AGILITY.*

Think of Power Skating as a bunch of exercises that with time and effort will help you skate faster feel sturdier on your skates and ultimately transform you into a more efficient and dynamic skater.

May 10, May 17, May 24 Ages 7 - 15



MORE INFORMATION : Betty Standifer
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Register on line at www.northwoodsice.net