



## ***RoseGarden Ice Arena***

641 New London Tpke Norwich, CT 06360

(860) 892-2555 | therink@hotmail.com

www.rosegardenicearena.com

**Under the direction of:**

**Sebastien Geerens from Elite Ice**

**Gain the edge during the spring and summer!**

### **EXTREME POWER focuses on:**

- ⇒ **Technique and Form**
  - ⇒ **Weight Shift**
- ⇒ **Knee bend and Body Position**
  - ⇒ **Explosive Acceleration**
    - ⇒ **Backwards Speed**
    - ⇒ **Speed and Quickness**
- ⇒ **Balance, Agility, and Mobility**
  - ⇒ **Starts and Stops**

#### **Mondays**

##### **Session 1:**

**April 1-May 20 (NO CLASS 5/6 or 5/27)**

**6-7pm Mites—PeeWees**

**7:10-8:10pm Bantam—High School**

##### **Session 2:**

**Mondays June 3-July 22 (NO CLASS 7/8)**

**6-7pm Mites—PeeWees**

**7:10-8:10pm Bantam—High School**

**\$245per session or \$455 for both sessions**

**(must register for both at the same time)**

#### **Tuesdays**

##### **Session 1:**

**April 2-May 21 (NO CLASS 5/7 or 5/28)**

**6-7pm All ages**

##### **Session 2:**

**June 4-July 23 (No CLASS 7/9)**

**6-7pm All ages**

**\$245 per session or \$455 for both sessions**

**(must register for both at the same time)**

**\*This program is for skaters that have already played for a team and not suitable for beginners**

**Multiple Day / Multiple Program Discounts (in-person or over the phone only)**

**Space may be limited | No Drop-Ins or refunds | Full Equipment | Waiver required**