



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 14-June 2 (NO CLASS 5/26)

6-7pm Mites—Pee Wee

7:10-8:10pm Bantam—High School

Session 2:

Mondays June 9-July 21

6-7pm Mites—Pee Wee

7:10-8:10pm Bantam—High School

\$260 per session or \$485 for both sessions

(must register for both at the same time)

Tuesdays

Session 1:

April 15-June 3 (NO CLASS 5/27)

6-7pm All ages

Session 2:

June 10-July 22

6-7pm All ages

\$260 per session or \$485 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 (online registration only, use code Sibling2 or sibling3 (for 3 or more))

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