



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

Spring Session:

April 6-May 11

6-7pm Mites—Pee Wee

7:10-8:10pm Bantam—High School

6 weeks \$210.00

Next session TBD depending on possible Rink shut-down for repairs

Tuesdays

Spring Session

April 7-May 12

6-7pm All ages

6 weeks \$210.00

Next session TBD depending on possible Rink shut-down for repairs

***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