



## ***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**

**Summer Session:**

**June 1 - July 13**

**6-7pm Mites—Pee Wee**

**7:10-8:10pm Bantam—High School**

**7 weeks \$245.00**

#### **Tuesdays**

**Summer Session:**

**June 2—July 14**

**6-7pm All ages**

**7 weeks \$245.00**

**\*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**