



# Hertz Arena



## Figure Skating Clinic

### **Track A \$220 (7 Weeks) Start date 11/17/18**

(Pre Free Skate-Freestyle 4)

10:15-10:30 – Power class on ice

10:30-11:15- Freestyle group class on ice (spins & jumps)

11:15-11:45- Ice Dance choreography, edge work on ice

12:00-12:45- Off Ice Conditioning (Sneakers & yoga mat required)

**NO CLASSES DEC 10-16 AND DEC 24-30**

### **Track B \$220 (7 Weeks) Start date 11/17/18**

(Freestyle 5-Novice)

10:15-11:00- Off Ice Conditioning (Sneakers & yoga mat required)

11:15-11:45- Ice Dance choreography, edge work on ice

11:45-12:30- Freestyle group class on ice (spins & jumps)

12:30-12:45pm- Power class on Ice

**NO CLASSES DEC 10-16 AND DEC 24-30**

### **Track C \$160 (7 Weeks) Start date 11/14/18**

(Pre-Free Skate-Preliminary)

5:00-5:45 pm- Free Skate Group Class

5:45-6:00 pm- ½ ice power class

6:15-7:00 pm- Off Ice Conditioning (Sneakers & yoga mat required)

**NO CLASSES DEC 10-16 AND DEC 24-30**

More information contact: Kandis Hawkins

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