



# Hertz Arena



## Figure Skating Clinic

### **Track A \$250 (8 Weeks) Start date 4/6/19**

(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 APRIL 13 & APRIL 27**

### **Track B \$250 (8 Weeks) Start date 4/6/19**

(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 APRIL 13 & APRIL 27**

### **Track C \$180 (8 Weeks) Start date 4/3/19**

(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 APRIL 10 OR APRIL 24**

More information contact: Kandis Hawkins

239-948-7825 ext 1302 [kandise@floridaeverblades.com](mailto:kandise@floridaeverblades.com)

