



Hertz Arena



Figure Skating Clinic

Track A \$250 (8 Weeks) Start date 8/10/19

(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 AUGUST 31 OR SEPTEMBER 28

Track B \$250 (8 Weeks) Start date 8/10/19

(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 AUGUST 31 OR SEPTEMBER 28

Track C \$180 (8 Weeks) Start date 8/7/19

(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 AUGUST 28 OR SEPTEMBER 25

More information contact: Kandis Hawkins

239-948-7825 ext 1302 kandise@floridaeverblades.com

