



Hertz Arena



Figure Skating Clinic

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

(Pre Free Skate-Freestyle 4)

10:15-10:45 am – Ice Dance choreography, edge work on ice

10:45-11:00 am- Power class on Ice

11:15-11:45 am- Off Ice Conditioning (Sneakers & yoga mat required)

12:00-12:45 pm- Freestyle group class on ice (spins & jumps)

NO CLASSES NOVEMBER 30TH

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

(Freestyle 5-Novice)

10:15-10:45 am – Ice Dance choreography, edge work on ice

10:45-11:00 am- Power class on Ice

11:15-11:45 am- Off Ice Conditioning (Sneakers & yoga mat required)

12:00-12:45 pm- Freestyle group class on ice (spins & jumps)

NO CLASSES NOVEMBER 30

Track C \$180 (8 Weeks) Start date 10/16/19

(Pre-Free Skate-Preliminary)

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

5:45-6:00 pm- ½ ice power class

6:15-6:45 pm- Off Ice Conditioning (Sneakers & yoga mat required)

NO CLASSES NOVEMBER 27

More information contact: Kandis Hawkins

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