



# Hertz Arena



## Figure Skating Clinic

### Track A \$250 Start date 10/17/20

(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

11:00-11:45 am- Freestyle group class on ice (spins & jumps)

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

### Track B \$250 Start date 10/17/20

(Freestyle 5-Novice)

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

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

11:00-11:45 am- Freestyle group class on ice (spins & jumps)

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



More information contact: Kandis Hawkins

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