

August 2009 Skating Class for Hockey Players

Skills Program

"EDGE OUT"



Thursdays, August 6 – 27, 2009
5:15 – 6:45 pm

Bolton Ice Palace www.boltonicepalace.com

Off-Season is a great time to improve skating skills so you can out-skate your opponent. This August Bolton Ice Palace is offering a class for hockey players to strengthen their skating technique - **"EDGE OUT"**

Classes will focus on proper use of the blade's edges for maximum power and control. Emphasis will be on forward and backward crossovers, quick turns, starts and stops. The class will be conducted by the Figure Skating Coaches at Bolton Ice Palace. Weeks 1 – 3 will be taught without equipment except helmet and gloves and Week 4 with full equipment. All ages are welcome.

Questions? Contact Anita 742-5450, anicarr@charter.net

EDGE OUT

Registration Form

Thursdays 5:15 – 6:00 / 6:00 – 6:45 pm, August 6 – 27, 2009 **

Name _____ Age _____
Street _____ City _____ Zip _____
Parent _____ Phone _____ Gender M___ F___
E-mail _____ Date of Birth _____

Cost (Payable Bolton Ice Palace)

Thursdays August 6 - 27

5:15 - 6:00 pm (Ages 4 – 14)

\$80

6:00 - 6:45 pm (High School)

\$80

** Classes may be grouped together if enrollment is low. The later timeframe will remain.

Payment: Amount _____ Cash _____ Check # _____ Charge _____



A stronger skater makes a stronger player

