

SUMMER ELITE AND INTERMEDIATE POWER SKATING CLINICS

Class Descriptions

• *Intermediate Clinic:*

This class will have 60 - minutes of high intensity drills that will teach you quicker starts, stops, speed, transitions, and power. The intermediate class will focus on sharpening your stride, body positioning, quickening your movements and transitions, and working to become a more fluid and polished skater. Proper skating technique will be stressed to achieve the above goals. Open to ages 9 and up. Skaters must be able to stride forward, skate backward, and stop. Open to the first 20 hockey players

• *Elite / Advanced Clinic:*

The elite class has no limits. All skating techniques will be worked on in class in many different forms and expectations are high. This class is a very technical and power packed class that will take your skating to the next level. Open to ages 12 and up. Open to the first 20 hockey players. Full hockey gear and stick required. Please call Erika with any questions regarding your child's skill level as that may supercede age guidelines.

Coach

Erika Stone, 15 years experience, USFSA Double Gold Medalist, Power Skating Instructor and Certified by the Professional Skater's Association

Applicant Information

Student Name: _____ Skill Level: _____
Parent Name: _____ E-mail: _____
Address: _____ City/zip: _____
Phone Number: _____ Emergency Contact Info: _____

Elite /Advance Power Skating Clinic

Dates:

- Week 1: July 13th -16th
- Week 2: July 20th-23rd
- Week 3: July 27-30th

Time: 2:45PM to 3:45PM

Location: Skating Institute of Rochester

Intermediate Power Skating Clinic

Dates:

- Week 1: July 13th -16th
- Week 2: July 20th-23rd
- Week 3: July 27-30th

Time: 3:55PM to 4:55PM

Location: Skating Institute of Rochester

Mail to

Erika Stone
400 Air Park Drive
Suite 30
Rochester, NY 14624
585-233-5936
eestone@rochester.rr.com

Info

Cost: \$95 per skater for each session
(Payable to Erika Stone)
Check or Cash
No Refunds
Please respond at least 5 days before start of session.
Walk-ons will be allowed only if space available.