

# Elite Power Skating and Skills Clinic

**\$150 for 6 Sessions  
or Drop-ins \$30 per session**

**Starting January 21, 28, February 4, 11, 18 & 25**

**Days offered: Monday 5:30 - 6:45 PM**



Must Register through RYHA Website

**ICE PLEX, Raleigh**

**Power Skating by Tammie Wilson  
Drills & Skills by Dean Melanson**



**Action packed skating session  
Edges & Power Skating  
Drills & Skills  
Core Balance Techniques and Edge Control  
Forwards and Backwards Skating  
Crossovers, Transition Skates and Generating Speed  
Proper Posture and Balance  
... and much more!**

**tammiewilsonsk8@yahoo.com • (919) 788-7655**

Please contact Tammie Wilson to register or for further information