

HOCKEY POWER SKATE

Our objective is to make each player better at the game of hockey by improving their skating skills. This class can help to increase skating strength, power, speed, agility, and/or endurance. Each class will concentrate on specific areas such as; proper body position, better edge control, power, speed, and body conditioning. Our goal is to try and challenge each player within an exciting and fast paced group atmosphere.

REQUIREMENT: MUST HAVE BEEN IN THE 2016/2017 MINI-MITE OR MITE PROGRAM.



Date: June 16 - August 11, 2017
Level: Mini-Mite / Mite
No Class: *July 14 & 21*
Day(s): Friday(s)
Time(s): 5:45pm to 6:30pm
Cost / Class: \$8.00 (Resident) or \$9.00 (Non-Resident)
Instructor(s): Jenn
Site: Nelson Center (1601 N. 5th Street - Springfield, IL 62702)



For more information, please call (217) 753-2800.