



SKATE ~ DANCE ~ TWIRL ~ GLIDE ~ SPIN ~ POWER ~ SKATE ~ DANCE ~ TWIRL ~ GLIDE ~ SPIN ~ PO



# THURSDAY SKATING ACADEMY

## ★ INTRO TO ICE DANCING

FOR SKATERS IN BASIC 6 OR ADULT 4 AND ABOVE

SKATERS WILL LEARN:

- SWING ROLLS
- ALTERNATING FORWARD PROGRESSIVES
- DEMONSTRATION OF KILIAN HOLD
- CORNER STEPS ON DUTCH WALTZ
- SKATE DUTCH WALTZ PATTERN

## ★ POWER SKATING SKILLS

FOR ANY SKATER, HOCKEY OR FIGURE  
THAT WOULD LIKE TO WORK ON  
THEIR SKATING SKILLS. LEARN TO  
SKATE FAST WITH CONDITIONING AND DRILLS.

CLASS	TIME
SNOW PLOW SAM 1-4	5:15 PM
ADULT 1-6	5:45 PM
BASIC 1-6	5:15 PM
FREE SKATE 1-6	5:45 PM
INTRO TO ICE DANCING	5:15 PM
POWER SKATING	5:45 PM
PRE-FREE SKATE	5:45 PM

SCAN TO  
REGISTER

