



## Competitive Edge Power Skating

### Registration Details: Fall 2020 Session

### Varsity View Sportsplex

Power Skating focuses on basic skating elements and technical strategies that will directly influence your skating ability in a game. Competitive Edge will identify a player's weaknesses and make them a better overall skater for whatever situation they may find themselves in on the ice. All classes will train and build overall strength, proper skating posture, balance, agility, edge awareness and speed.

#### Available Classes:

<b><u>Beginner Power</u></b>	<b><u>Intermediate Power</u></b>	<b><u>Advanced Power</u></b>
<p style="color: red;">Must have basic forward skating ability and be an independent skater.</p> <p style="color: red;"><b>30-minute</b> session focusing on improving forwards stride. Learning to stop, basic backwards skating and crossover basics.</p>	<p>Must have ability to stop on at least one side and basic backwards skating ability.</p> <p><b>30-minute</b> session focusing on improving forwards and backwards stride, stopping in all situations, forwards and backwards crossovers and transitions.</p>	<p>Must have basic ability of forwards and backwards crossovers.</p> <p><b>1-hour</b> session focusing on advanced forwards and backwards stride techniques, stopping on all edges, advanced forwards and backwards crossover techniques, and advanced transitions.</p>
<p><b>8 Sessions</b>  <b>5:30-6:00pm @ Varsity View Sportsplex</b>  <b>Fee: \$80</b></p>	<p><b>8 Sessions</b>  <b>6:00-6:30pm @ Varsity View Sportsplex</b>  <b>Fee: \$80</b></p>	<p><b>8 Sessions</b>  <b>5:30-6:30pm @ Varsity View Sportsplex</b>  <b>Fee: \$160</b></p>

**Class Dates: Nov. 2, 9, 16, 23, 30, Dec. 7, 14, 21 (Monday Evenings).**

Please email Angie Kazubek at [VCCC@mymts.net](mailto:VCCC@mymts.net) to register and receive e-transfer instructions.

\*Limited space available, registration is first come, first served.