



OFF-ICE CONDITIONING

Next Session begins:
March 16th-May 4th



Class Focuses on:

- Flexibility
- Core Strength
- Jump Technique
- Proprioception & Rotation positioning
- Endurance

- **For levels: Basic 5 and up**
- **Saturdays: 9:00AM-9:40AM**
- **Cost:**
 - \$70 when you have signed up for a skate school class
 - \$120 without a class.
 - \$14 drop in rate

Get your skater more involved and on the right track with our off-ice conditioning class. Whether they are learning jumps for the first time, wanting to start competing, or working on more advanced moves, off-ice can improve their on ice elements and elevate their skills to the next level. Ask the front counter about signing up today!