

JUNE 28th – AUG 16th, 2010

MONDAYS 6:30-7:20 PM

ADULT SKATING PROGRAM

This technique driven program will focus on improving the individual skills of Skating, (including cross-overs, proper knee bend, explosive starts, acceleration, agility, edge control, stopping, power turns and efficient stride.)

Classes will be instructed by the Ice Training Center Coaching Staff. Registration is now open at the ITC. Limited space so sign up early!

\$120

**8 On Ice sessions
plus
1 skate sharpening.**

**Or Pay As You Play
\$20.00 Per Session**



Training Center
richardson

**COST IS \$200 IF SIGNING UP
FOR BOTH PUCK CONTROL AND
ADULT SKATING PROGRAM**

Contact Kevin Smith at the ITC:
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or via e-mail at
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