

# SKATERS

(Levels Basic 5 +)

# & ADULTS

## Off-Ice Conditioning

6 WEEK SESSION

Stretching, Strengthening, Off-Ice Jumps

Adults Friday 10:15-11:00 a.m.

Classes Begin November 6, 2009

Advanced Skaters Wednesday 6:30-7:15 p.m.

Classes Begin November 4, 2009

Please see Kathy Stano or Front Desk for  
Registration Form and 6 Week Ticket Purchase—\$72

*(Registration form and two copies of ticket to be given to Kathy Stano)*



Please Bring:

- Sneakers
- Yoga Mat
- Jump Rope/Stretch Bands