



Specialty Classes

Circuit Training

Sat. 8:45-9:45 am

10 Weeks \$175

Schedule starts Jan. 7, 2012

Open to all skaters FS1 and up

Improve Speed, Strength,

Endurance, Jumps,

Spins, & Edges

CIRCUIT TRAINING

CLASSES INCLUDE

60 Minute group instruction once a week

Free passes for Public Session included,

all passes expire on the last day of session.

MULTIPLE CLASS PRICE-BREAK

2 or more Classes or Additional Family members receive \$20.00 off

CIA Synchro

Team Training

10 weeks \$130

Sat. 7:30 am

Teen Skate

Sat. 8:00-8:30 am

Youth Formation

Youth Skate

If you are interested

in joining a team

Ask *Synchro Coaches*

about placement

Sharon Cook

Figure Skating Director

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