

# *ADULT LEARN TO SKATE*

## *8 WEEK 2010 WINTER SESSION*

*The following levels will be offered on:*

### *SUNDAY EVENING*

*Jan. 24<sup>th</sup>, 31<sup>st</sup>, Feb. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, Mar. 7<sup>th</sup> & 14<sup>th</sup>*

### *Beginner – 7:00PM*

*Basic forward skating skills, snowplow stops, forward & backwards swizzles*

### *Intermediate – 7:45PM*

*Backward skating, skating on one foot, forward & backward crossover, power edges & crossovers*

*Classes are 45 min. (30 min. lesson – 15 min. freeskate)*

*ENROLLMENT FEE: \$160*

*12.15.09*