



**Summer 2009
WHFSC
SPECIAL CLINICS**



skatevmsr.com

EDGE/FOOTWORK CLINIC

Wednesdays 2:30-3:00 pm
July 1, 8, 15, 22, 29 August 5, 12, 19 (8 sessions)

The Edge Clinic gets to the core of what skating is. The organic flow of edges, how they take you effortlessly once you have mastered them. The purpose of an edge clinic for figure skaters is to develop the edge quality and control. The class will range from the basic skating moves as well as some slightly more complex turns, deep edges, creative footwork patterns and hydro-blading. Exercises will be specifically designed for each skater's level and ability of skating and could be later on incorporated by their coach into their program.

POWER SKATING CLINIC

Wednesdays 3:00-3:30 pm
July 1, 8, 15, 22, 29 August 5, 12, 19 (8 sessions)

The Power Skating Clinic is designed to build the figure skater's, as well as hockey player's, endurance and strength, which gives skaters more confidence and stamina as they skate at a higher speed. The intensity of these fast-paced cardio workouts will build up each week.

Both clinics are open to skaters of all ages provided they have competent stroking and cross over skills in all directions. If you are unsure if you are qualified to be in the clinic, please come in before the class and the coach can evaluate the skills and make a recommendation.

Instructor: Andrew Lavrik

	WHFSC Member	Non Member
Registration Fee		
Both Clinics (8 weeks)	\$104	\$120
One Clinic (8 weeks)	\$68	\$76
<i>Pro rating will be allowed for late registrations for remaining sessions. No pro rating allowed for missed sessions after registration.</i>		
Guest Fee		
One Session Daily Payment	\$10	\$12
Both Sessions Daily Payment	\$15	\$19

Veterans Memorial Ice Skating Rink
56 Buena Vista Rd. West Hartford, CT 06107 860- 521-1573

