

# BLOMHA Power Skating

## FALL 2017

### *Players will learn:*

- ★ Balance
- ★ Edges
- ★ Control
- ★ Stride
- ★ Backwards skating
- ★ Lateral movement
- ★ Crossovers
- ★ Turns, transitions
- ★ Stops/starts
- ★ Much more!

### SESSIONS

DAYS	TIMES	SKILL LEVEL	AGES
Mondays	4 - 7pm	Beginner	5 - 8
Tuesdays	6 - 7pm	Advanced	5 - 9

**Beginner** Oct 2 Oct 16, Oct 23, Oct 30, Nov 6, Nov 13, Nov 20, Nov 27, Dec 4, Dec 11 (No classes on Oct 9th)

**Advanced** Oct 10, Oct 17, Oct 24, Oct 31, Nov 7, Nov 14, Nov 21, Nov 28, Dec 5, Dec 12

Please note that the Beginners class is for basic skating skills. The Advanced class is to enhance skating abilities.



### PRICING

*All inclusive*

# \$250

Registration available at the BLOMHA office:  
3455 Fairview Street. [www.blomha.com](http://www.blomha.com) for  
office hours.

Contact us at 905 637 0731 or at  
[Kristen@blomha.com](mailto:Kristen@blomha.com)



