



CATHY'S POWERSKATING

Coaching that Produces Success

(408) 656-5633

sjcanuck@sbcglobal.net

cathyspowerskating.com

**Sharks Ice at San Jose Presents:
CATHY'S POWERSKATING Series for Spring/Summer 2010**

FOR ADULTS – BEGINNER & INTERMEDIATE

Incorporates professional and advanced techniques used with Junior and NHL players

Series 6		
Date	Time	Location
6/22 (Tue)	7:45-8:45 pm	South
6/25 (Fri)	7:00-8:00 pm	East
6/29 (Tue)	6:45-7:45 pm	East
7/01 (Thur)	6:45-7:45 pm	East

Class description:

This customized power skating class provides a great opportunity to develop new skills and enhance your technique. The primary focus will be on an effective and efficient stride- forward stride and backwards skating. Balance and stability will be strengthened with emphasis on body positioning and edgework. Agility and mobility will be improved with a focus on cross-overs, lateral movement, stops/starts, transitional turns and the all important quick start. The series offers favorable coach-to-student ratio to provide individual attention.

Cost: \$120.00 per series

What to bring: Full gear, hockey stick, and water. Complete and sign waiver form (see website). Payment due on the first day of class.

How to register: To reserve your spot, please fax your registration form to 408-559-3527 or scan and email to sjcanuck@sbcglobal.net. Classes fill up quickly, so register now! If you are on the waitlist, you will be notified once a spot becomes available.

For more information about **CATHY'S POWERSKATING**, please call **(408) 656-5633** or e-mail to sjcanuck@sbcglobal.net

For the latest updates on all class offerings and coaching staff, please check out www.CATHYSPOWERSKATING.com

Spring/Summer 2010 Registration Form for CATHY'S POWERSKATING Series

Player's name _____ Age _____ Team level _____

Phone number _____ Email address _____

Series # _____ Total Amount Paid \$ _____

Please make checks payable to:

Cathy Andrade