



# P.O.S.E. Power of Skating Edges

Saturdays at Greenheck Fieldhouse

*A fun and interactive session designed for skaters of all ages and abilities!*

## High session (Working on Preliminary Moves and above)

Focus will be on competition readiness including proper warm-up and strength building exercises both on and off the ice. Skaters that have a competition program will be able to perform it during the exhibition for family and friends on October 13.

Schedule will be:

9:00 - 9:20 AM - Off ice

9:30 - 10:10 AM - On ice

(October 13 - 10:00 - 11:30)

September 8, 22, 29, October 6, 13

**Cost is: \$90 for all 5 sessions**

## Low session (All basic skills skaters through Pre-Preliminary Moves)

Focus will be on developing skills beyond basic skills. Skaters will have the opportunity to experience private lessons with a coach. They will also have the option of learning a program choreographed to music. Skaters will have the option to perform during the exhibition for family and friends on October 13.

Schedule will be:

10:10 - 10:50 AM - On ice

(October 13 - 10:00 - 11:30)

September 8, 22, 29, October 6, 13

**Cost is: \$75 for all 5 sessions**

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Registration Form - All sessions will be held at Greenheck Fieldhouse

Name: \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Highest Level Passed (please indicate highest basic skills level passed or highest USFS Moves test passed): \_\_\_\_\_

Please send registration form and payment to:

Timberline FSC - P.O.S.E.

P.O. Box 2082

Wausau WI 54402-2082