



2026 POWER SKATING CLINIC

TEACHING, BUILDING, & REINFORCING THE MOST IMPORTANT SKILL OF THE GAME!

August 9th - 13th

Location: Rochester Recreation Center

| DATE | TIMES |
|------|-----------------|
| 8/9 | 4:45pm - 5:45pm |
| 8/10 | 6:45pm - 7:45pm |
| 8/11 | 6:45pm - 7:45pm |
| 8/12 | 6:45pm - 7:45pm |
| 8/13 | 6:45pm - 7:45pm |



Enrollment LIMITED



SCAN TO REGISTER/INFO

SIGN UP TODAY!!

Agility

Acceleration

Crossovers



STRIDE TECHNIQUE



FOCUS ON AGILITY & EDGE WORK



IMPROVE LEG & CORE STRENGTH



EXPLOSIVNESS - BE FIRST TO THE PUCK



HOCKEY SPECIFIC SKATING DEVELOPMENT

