





SPRING Lesson Session

	BREAKFAST CLUB TUESDAYS at Centene	BREAKFAST CLUB WEDNESDAYS at Affton	BREAKFAST CLUB THURSDAYS at Brentwood		POSITION SPECIFIC TRAINING SUNDAYS at IceZone
<u>Week 1</u>	3/29/22 5:45-6:15am PwrSk8 6:15-7:00am Skills	3/30/22 6:00-6:30am PwrSk8 6:30-7:15am Skills	3/31/22 6:00-6:45am Skills 6:45-7:15am PwrSk8		4/3/22 NO VIDEO 4:20-5:20pm Forwards 5:30-6:30pm Defense
<u>Week 2</u>	4/5/22 5:45-6:15am PwrSk8 6:15-7:00am Skills	4/6/22 6:00-6:30am PwrSk8 6:30-7:15am Skills	4/7/22 6:00-6:45am Skills 6:45-7:15am PwrSk8		4/10/22 3:30-4:00pm Defense Video 4:20-5:20pm Defense 5:30-6:30pm Forwards
<u>Week 3</u>	4/12/22 5:45-6:15am PwrSk8 6:15-7:00am Skills	4/13/22 6:00-6:30am PwrSk8 6:30-7:15am Skills	4/14/22 6:00-6:45am Skills 6:45-7:15am PwrSk8		4/17/22 NO LESSONS
<u>Week 4</u>	4/19/22 5:45-6:15am PwrSk8 6:15-7:00am Skills	4/20/22 6:00-6:30am PwrSk8 6:30-7:15am Skills	4/21/22 6:00-6:45am Skills 6:45-7:15am PwrSk8		4/24/22 3:30-4:00pm Forwards Video 4:20-5:20pm Forwards 5:30-6:30pm Defense
<u>Week 5</u>	4/26/22 5:45-6:15am PwrSk8 6:15-7:00am Skills	4/27/22 6:00-6:30am PwrSk8 6:30-7:15am Skills	4/28/22 6:00-6:45am Skills 6:45-7:15am PwrSk8		5/1/22 3:30-4:00pm Defense Video 4:20-5:20pm Defense 5:30-6:30pm Forwards
<u>Week 6</u>	5/3/22 5:45-6:15am PwrSk8 6:15-7:00am Skills	5/4/22 6:00-6:30am PwrSk8 6:30-7:15am Skills			5/8/22 3:30-4:00pm Forwards Video 4:20-5:20pm Forwards 5:30-6:30pm Defense
<u>Week 7</u>	5/10/22 5:45-6:15am PwrSk8 6:15-7:00am Skills	5/11/22 6:00-6:30am PwrSk8 6:30-7:15am Skills			5/15/22 3:30-4:00pm Defense Video 4:20-5:20pm Defense 5:30-6:30pm Forwards
<u>Week 8</u>	5/17/22 5:45-6:15am PwrSk8 6:15-7:00am Skills	5/18/22 6:00-6:30am PwrSk8 6:30-7:15am Skills			5/22/22 3:30-4:00pm Forwards Video 4:20-5:20pm Forwards + Defense (F + D Combined Ice)
					
	8 Weeks of Lessons \$280/skater for PwrSk8 \$440/skater for Skills \$640/skater for Combo	8 Weeks of Lessons \$280/skater for PwrSk8 \$440/skater for Skills \$640/skater for Combo	5 Weeks of Lessons \$275/skater for Skills \$175/skater for PwrSk8 \$400/skater for Combo		7 Weeks of Lessons \$525/skater

Our Small Group Training is considered a Multi-Week Training PROGRAM and not individual, as-available, weekly training. When you enroll in the PROGRAM you are committing to the entire training schedule.