



SUMMER POWER SKATING PROGRAM - MON/WED



<u>DATE</u>	<u>DAY</u>	<u>RINK</u>	<u>LOCATION</u>	<u>PROGRAM</u>	<u>START</u>	<u>END</u>
6/6/2022	Mon	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
6/8/2022	Wed	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
6/13/2022	Mon	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
6/15/2022	Wed	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
6/20/2022	Mon	Mills	Ice Zone	Mon/Wed PwrSk8	4:10 PM	4:55 PM
6/22/2022	Wed	Mills	Ice Zone	Mon/Wed PwrSk8	4:10 PM	4:55 PM
6/27/2022	Mon	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
6/29/2022	Wed	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
7/11/2022	Mon	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
7/13/2022	Wed	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
7/18/2022	Mon	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
7/20/2022	Wed	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
7/25/2022	Mon	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
7/27/2022	Wed	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
8/1/2022	Mon	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
8/3/2022	Wed	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
8/8/2022	Mon	Mills	Ice Zone	Mon/Wed PwrSk8	4:10 PM	4:55 PM
8/10/2022	Wed	Mills	Ice Zone	Mon/Wed PwrSk8	4:10 PM	4:55 PM
8/15/2022	Mon	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM
8/17/2022	Wed	Mills	Ice Zone	Mon/Wed PwrSk8	4:30 PM	5:15 PM

For skaters of all ages and levels interested in maintaining and improving hockey skating techniques over the summer months. This program is powerful, fast-paced, high-intensity hockey skating instruction, only adding pucks where necessary. Players will increase speed, develop quickness & balance, and improve their technique, edge-work and power. Two (2) 45 minute sessions per week for 11 weeks (22 total ice times). Ratio of 4:1, skaters to coaches. This program is a great supplement to one of our week-long training camps, or in addition to SSAT or SPT Lessons - in fact, there is a special price of \$682 for this program IF you are participating in BOTH this AND a full day/5 day camp or one of our other summer lesson programs!! As a stand alone program, fee is \$800. All ice times are scheduled at the St. Louis Ice Zone.

Any missed or unused lesson are forfeited with no make-up opportunity. Skaters enrolled in the Mon/Wed afternoon program may NOT attend any of the Tues/Thurs sessions (and vice versa) as makeup opportunities. Contact our Synergy office for any clarification PRIOR to enrollment.

SYNERGY will schedule staff based on total number of skaters enrolled vs who we think will be in attendance. This means it is NOT necessary to notify SYNERGY if your skater will not be there - we consider this a drop-in style program - come when you can, as long as you're enrolled! We assume skaters will be out the weeks they are enrolled in one of our camps, and potentially other weeks for vacations or other commitments.