

Power Skating Training



The first combined hockey / DISC power skating training session will be held on **Monday the 18th of April at 9:15pm**

It will be coached by Dunedin Ice Skating Club coach Irena Zemanova and Ice Hockey coach Sophia Leon de la Barra. Power skating training is about teaching the fundamentals of proper skating technique for all skating skills including: forward and backward skating, turns and cross overs. It also teaches you how to apply these skills to skating faster and stronger.

Cost: \$15

(May be cheaper next time if there is a good turn-out)
BRING YOUR FRIENDS!