

Senior Team

\$335 for 8 weeks - 2 Class Per Week

Discount per sibling \$25

<p><u>2 Hour Class Break Down</u></p> <p>15 minutes warm up 45 minutes on skates training 30 minutes off skates training 30 minute conditioning / ballet</p>	<p><i>Pick one</i></p> <p>Monday 4:45-6:45pm or Sunday 9:30-11:30</p>
<p><u>One Private Lesson</u> 15 minutes per week</p>	<p>See coach for availability</p>
<p><u>Optional Practice Days</u> <i>(Unlimited)</i></p>	<p>Monday 4 - 9pm Tuesday 4 - 6pm Wednesday 4 - 6pm Thursday 4 - 6pm Sunday 8:30am - 12pm</p>
<p><u>Events Included</u></p>	<p>Local Competitions Skating Show Invitationals Regionals Nationals</p>

<p><u>Mandatory Equipment</u></p>	<p>Skate Spinner Tennis Shoes Team Jacket Wheel / Bearing Upgrade</p>
<p><u>Additional Tools</u> <i>(Not mandatory)</i></p>	<p>Stretch bands Yoga mat Ankle weights</p>