

<p><u>1.5 Hour Class Break Down</u></p> <p>30 minutes warm up 30 minutes on skates training 30 minutes off skates training (tennis shoes required)</p>	<p><i>Pick one</i></p> <p>Monday 5:15-6:45pm or Sunday 10-11:30am</p>
<p><u>Optional Practice Days</u> <i>(Unlimited)</i></p>	<p>Monday 5:15 - 5:45pm Tuesday 4 - 6pm Thursday 4 - 6pm</p>
<p><u>Events Included</u></p>	<p>Pistons Prime Time Skating Show</p>

<p><u>Mandatory Equipment</u></p>	<p>Athletic Apparel Tennis Shoes Hair pulled up</p>
<p><u>Additional Tools</u> <i>(Not mandatory)</i></p>	<p>Stretch bands Yoga mat Ankle weights</p>