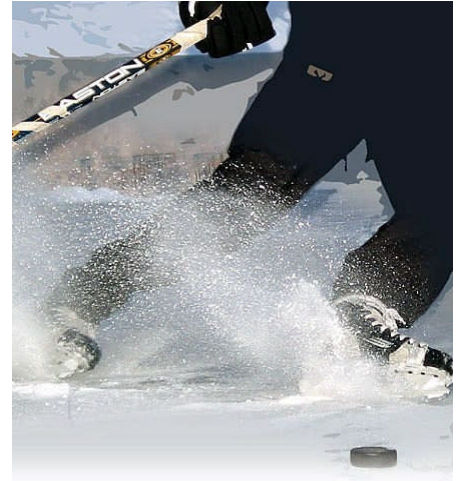


POWER SKATING



WHO? Open to all ages and all levels of play. Players should understand this is strictly a skating clinic. Participants must be able to skate forward and backward and have some hockey experience or a reasonable level of skating experience. Players should be in good athletic condition.

WHAT? 6 on-ice sessions designed to lengthen your stride, increase your speed and improve your skating technique. Learn proper use of your upper body, develop quick feet, fast acceleration and quick turns. Players will develop proper skating mechanics and general hockey skills.

WHERE? Union Arena Community Center (802) 457-2500
496-3 Woodstock Road, Woodstock, VT 05091

WHEN?

Tuesday	6/22	3:50 – 5:00 pm
Thursday	6/24	3:50 – 5:00 pm
Tuesday	6/29	3:50 – 5:00 pm
Thursday	7/01	3:50 – 5:00 pm
Tuesday	7/06	3:50 – 5:00 pm
Thursday	7/08	3:50 – 5:00 pm



WHAT ELSE? Full equipment is required for all on-ice activities
Please bring individual water bottle to all sessions
Water Slip 'n Slide will be available everyday, weather permitting

TO REGISTER FOR THIS CAMP

Complete Camp Registration Application, UACC 2010 Waiver of Liability,
Emergency Contact Information and remit payment to:

Union Arena Community Center

496-3 Woodstock Road Woodstock Vermont 05091 or Fax to (802) 457-9128

Visit us @ www.unionarena.org