



NEWINGTON ARENA

## Power Skating Classes

Monday Nights from 6:00PM – 6:50PM

June 9 – August 11

Newington Arena, Top Gun Hockey and NESHA are pleased to offer Power Skating classes for all hockey players.

These sessions are designed to improve quickness, power, length of stride and stamina. Sport-specific exercises will be used to help players learn how to use their edges to gain better control and ultimately an edge on their competitors by being superior skaters. Classes will run every Monday night through the summer. Steve Moore, Skating director or the New England Skating Academy, and Ben Adams, Director of Hockey at Top Gun Newington, will run the classes.

Classes are open to players of all ages and levels and can pay for a walk-on rate of \$12.00 per session or in advance at \$10.00 per session.

Please contact Ben Adams at 860-665-7825 ext. 10 or Steve Moore at 860-665-7825 ext. 13 if you have any questions.