



Power Skating Systems

Beginner • Intermediate • Advanced • Expert | Classes Available For All Ages

Exclusive Ice Space During Public Sessions

@ Newbridge Arena, 2600 Newbridge Rd. Bellmore NY

Wednesdays 4:00PM - 6:00PM | Fridays 4:00PM - 6:00PM

Sundays 12:30PM - 2:30PM, 3:00PM - 5:00PM

What's Included:

Skating Mechanics, Efficiency, Posture / Alignment, Stick Position, Vision, Muscle Targeting, Balance, Power, Edges, Weight Distribution, Momentum, Applicable Hockey Movements & Concepts

**Players
are only
offered
sessions
with players
same skill/age.
6 players max
per session**

HALF HOUR CLASS

\$40 Instruction

+ \$5 Rink Admission

- Includes Public Session Access

HOURLY CLASS

\$70 Instruction

+ \$5 Rink Admission

- Includes Public Session Access

Build Your Own Class

2+ friends sign up together each save \$5

Sign Up: HankLevin@HankLevinHockey.com | 516-713-8939