



SMALL GROUP POWER SKATING

NEWBRIDGE ARENA : STARTS SEPTEMBER - ENDS MAY

SIGN UP PROCESS

EMAIL PLAYERS NAME WITH DOB CURRENT TEAM / TIER AND DAY YOU WOULD LIKE. I WILL EMAIL BACK SLOTS AVAILABLE!

WEDNESDAYS

4:00PM - 4:30PM

REQUEST THIS SLOT

4:30PM - 5:15PM

REQUEST THIS SLOT

5:15PM - 6:00PM

REQUEST THIS SLOT

FRIDAYS

4:00PM - 4:30PM

REQUEST THIS SLOT

4:30PM - 5:00PM

REQUEST THIS SLOT

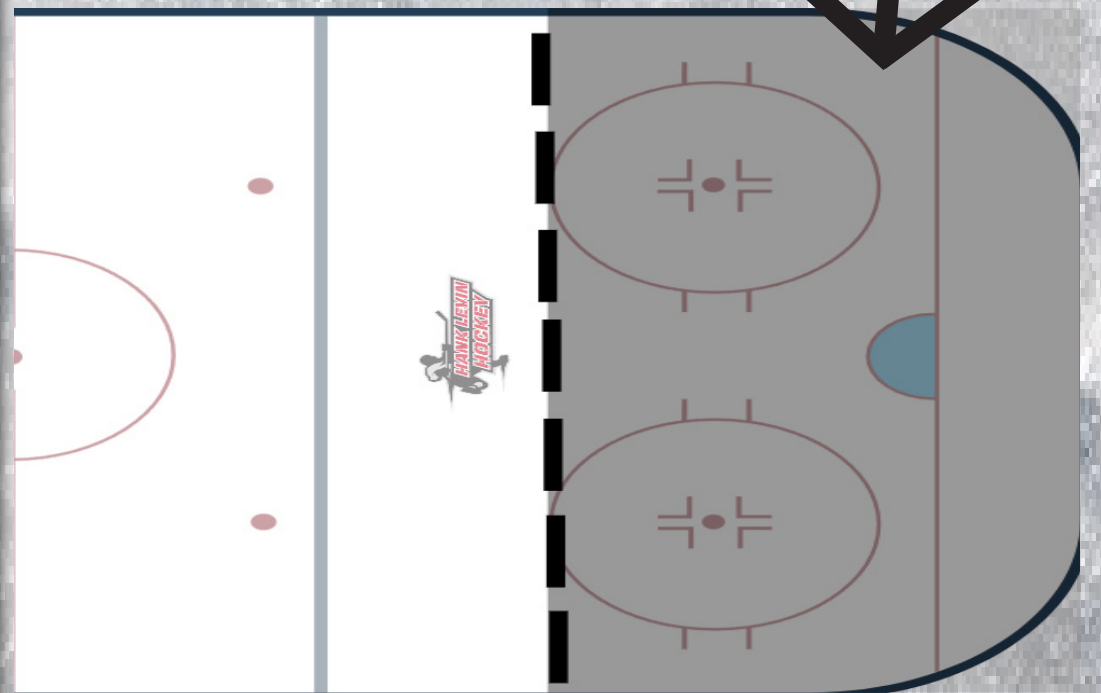
5:00PM - 5:30PM

REQUEST THIS SLOT

5:30PM - 6:00PM

REQUEST THIS SLOT

YOUR ICE SPACE



WITH COACH HANK

world class skating coach



SYSTEM INCLUDES:

* POSTURE & ALIGNMENT * SKATING MECHANICS * EDGES & DEGREES * MUSCLE / BODY TARGETING *
* BALANCE * EXPLOSIVENESS * GLIDE EFFICIENCY * EVASIVE MANEUVERS * STICK POSITION * CONTACT
* AGILITY * WEIGHT DISTRIBUTION OF STEEL * MOMENTUM * APPLIED TO HOCKEY CONCEPTS * & MORE

HankLevin@HankLevinHockey.com
516-713-8939

30min class = \$40 instruction + \$5 rink
45min class = \$55 instruction + \$5 rink
public session open skate at no additional cost