



# 2009 Summer Power Skating Camp

Sun, July 26 — Thurs, July 30 (5 nights!)

7:00 - 8:00 pm - Mites and Squirts

8:15 - 9:15 pm - PeeWees and Bantams



5 days of focus on the following:

- Skating—forward and backward
- Puck handling
- Passing
- Balance and Agility

The Lehigh Valley's leading powerskating school is back for Summer 2009!

Register now — space is limited!

Allow your child to get back on skates and ready for August practice with 5 nights of skating, puck handling, passing and other fundamental skills! Typical of the PowerStride schools, an emphasis will be placed on skating fundamentals including acceleration, balance, agility and strength. This is an essential preparation after weeks off the ice!

Cost per player: \$125 — includes camp T-shirt

Registration: **NEW!** Register online at [www.powerstride.net](http://www.powerstride.net). Then fill out the bottom and send your money in. You will receive a confirmation upon receipt of your payment.

Name: \_\_\_\_\_

T-shirt size:	Youth	S	M	L	XL
	Adult	S	M	L	XL

Checks made payable to: **PowerStride** and send to 1427 Elm St, Bethlehem, PA 18018

Questions can be directed to Bob Fyrer at [bfyrrer@powerstride.net](mailto:bfyrrer@powerstride.net) or 610-814-4875