

TROY ICES FIGURE SKATING CLUB

GROUP STROKING SKILLS CLASSES



SATURDAYS, 11:15-11:30AM

**PUNCH CARDS AVAILABLE FOR
\$64 (\$8/CLASS FOR 8 CLASSES)**

WHAT IS STROKING?

Stroking Class consists of patterns, drills, and exercises to increase skaters' power, speed, balance, posture and agility on the ice. Elements from Moves in the Field will also be included. Music is also incorporated into most stroking drills which makes this a really fun class! All ages and levels benefit from this class, beginners to advanced. Synchro students will especially benefit from this class as we work on turns and edges that will be choreographed into the program.