
PLAYER DEVELOPMENT

TWO PART COMBO

QUANTUM POWER SKATING WITH

FOUR PART SERIES DRY-LAND

TRAINING

In this new combo program your athlete will get the same amazing power skating from Quantum Speed followed by a 4 part off-ice dry-land session. This 4 part series will focus on the 4 main fitness components of training to help your athlete reduce their risk of injury along with improved balance and strength for top on-ice performance!

VENUE: Millennium Place

LEVELS: U12 - **October 17 and November 14**

Quantum on ice **4:00 - 5:00 pm**

Dryland Series 5:30 - 6:15 pm (Activity Room)

October 24 and November 21

Quantum on ice **5:15 - 6:15**

Dryland Series 6:45 - 7:30 (Activity Room)

U14 - **October 17 and November 14**

Quantum on ice **5:15 - 6:15 pm**

Dryland Series 6:45 - 7:30 (Activity Room)

October 24 and November 21

Quantum on ice **4:00 - 5:00 pm**

Dryland Series 5:30 - 6:15 pm (Activity Room)

COST: \$100.00
