



Hockey Skating Skills

Coached by National and
International skating coaches.
at the New England Sports Center
www.centerskatingacademy.com
(978) 793-4600

Skating skills sessions to give players the power of playing their game with superior skating technique. Specific skating skills to elevate players to the next level of play.

- ♦ Enhance stride for speed
- ♦ Strengthen balance
- ♦ Improve agility and quickness
- ♦ Focus on depth of edge, angle and lean in edge work
- ♦ Control in transfer of weight in turns and footwork

Tuesday: 6:00pm-6:50pm

Pre-booked sessions: \$30 per session
Punchcard ten sessions: \$35 per session (\$350)
Walk-ins: \$40 per session

Registration: www.centerskatingacademy.com
Contact: customerservice@centerskatingacademy.com