



**Core Strength**  
**Explosive Leg Power**  
**Balance**  
**Flexibility**  
**Landing Mechanics**

# Summer Dryland Figure Skating

June 7 - August 12  
Mondays & Thursdays  
2:30 - 3:30 pm  
20 Sessions!!  
Ages 8 and above  
Cost: \$260/athlete  
(only \$13 per session!)

Register by May 24th  
303.467.2288



Impact Sports Performance

11575 Main St. #100  
Broomfield, CO 80020  
303.IMPACT.U (303.467.2288)  
[www.MyImpactSports.com](http://www.MyImpactSports.com)