

Winter 2010 Dryland Figure Skating



Primary focus on Jumping & Landing Mechanics

Featuring Dartfish Video Analysis!

Power Development and Core Strength



December 7th - February 22nd

Tuesdays 6:00-7:00pm

12 Sessions

All Ages Welcome!

Price: \$200/athlete



IMPACT
SPORTS PERFORMANCE

11575 Main St. #100
Broomfield, CO 80020

303.IMPACT.U
(303.467.2288)

Early Registration Price

\$180

Must be Registered by November 26th

www.MyImpactSports.com