**Join the Lake Forest Ice Palace Terrific Tuesday Training Program!**

- Build personal confidence and perfect skating skills
- Exciting and productive off-ice and on-ice training
- Train and practice with your peers!
- $240 for 6 hours of instruction!

**Terrific Tuesday Dates:**

June 19\(^{th}\) and 26\(^{th}\)
July 17\(^{th}\), 24\(^{th}\) and 31\(^{st}\)

**Enroll Today!**

**Class meets:**

9:45 a.m. – 11 a.m.
**with practice until 12:15 p.m.**

**Training Requirements & Information:**

- This class is for skaters Free Skate 1 to Axel/early double jumps
- Skaters must have their own skates and tennis shoes
- 9:45 a.m. - off-ice conditioning – 15 minutes
- 10:15 a.m. – on-ice Power and Edge work – 15 minutes
- 10:30 a.m. – on-ice Spin and Jump instruction – 30 minutes
- Practice included: 11 a.m.-12:15 p.m.
- Must contact Jacqueline to choose specific dates only

Register at [www.icepalace.com](http://www.icepalace.com) under “What’s New”!

For more information or questions contact:

Jacqueline O’Grady, Skating Director

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