

## **WINTER 25/26**

### *Edge and Power Class*

*with Erica Schletty and Sarah Kiel*

**FOR SKATERS IN FREESTYLE 1 AND ABOVE**

**EXERCISES DESIGNED TO IMPROVE SPEED, POWER,  
EDGE QUALITY, TURN EXECUTION AND FLOW.**

**CLASS EXERCISES WILL BE ADAPTED TO  
ACCOMMODATE ALL LEVELS.**

**PRICE: \$180**

**SATURDAY AM**

**DECEMBER 6 @ 5:50 AM**

**DECEMBER 13 @ 5:50 AM**

**JANUARY 3 @ 5:55 AM**

**JANUARY 10 @ 7:05 AM**

**JANUARY 24 @ 6:00 AM**

**FEBRUARY 7 @ 6:00 AM**

**FEBRUARY 14 @ 6:00 AM**

**FEBRUARY 21 @ 5:55 AM (LILY)**

**FEBRUARY 28 @ 5:55 AM (LILY)**

**No 12/20, 12/27, 1/17, 1/31**

**PLEASE SIGN UP BY EMAILING THIS FORM TO:**

**sarahmernest@gmail.com**

**PAYMENT CAN BE MADE VIA CASH, CHECK OR  
VENMO TO **Sarah-Ernest-Kiel****

**SKATER NAME:**

**PARENT EMAIL/PHONE:**

**REGISTRATION/PAYMENT DEADLINE: 1/30/25**