

POWER STROKING

For All ages and levels from Pre-Preliminary and Higher
With Alexander Murashko and Tina Palica
Every Tuesday 5:55-6:40pm



This on ice conditioning program will help to:
strengthen stroking technique,
develop power,
flow and proper edge control.
Emphasis is on edge quality,
extension, quickness, power,
speed, presentation and
endurance.



EDGES

POWER STROKING

MOVES IN THE FIELD

For More Info:
Contact Alexander 310.728.5478
Contact Tina 310.339.8885