



SUMMER POWER SKATING PROGRAM - MORNINGS



DATE	DAY	RINK	LOCATION	PROGRAM	START	END
6/6/2023	Tuesday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
6/8/2023	Thursday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
6/13/2023	Tuesday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
6/15/2023	Thursday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
6/20/2023	Tuesday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
6/22/2023	Thursday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
6/27/2023	Tuesday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
6/29/2023	Thursday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
7/13/2023	Thursday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
7/18/2023	Tuesday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	7:50 AM	8:35 AM
7/20/2023	Thursday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	7:50 AM	8:35 AM
7/25/2023	Tuesday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
7/27/2023	Thursday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
8/1/2023	Tuesday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
8/3/2023	Thursday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
8/8/2023	Tuesday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
8/10/2023	Thursday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
8/15/2023	Tuesday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM
8/17/2023	Thursday	IceZone	Hazelwood, MO	Summer Power Skating Program - AM Option	8:00 AM	8:45 AM

For skaters of all ages and levels interested in maintaining and improving hockey skating techniques over the summer months. This program is powerful, fast-paced, high-intensity hockey skating instruction, only adding pucks where necessary. Players will increase speed, develop quickness & balance, and improve their technique, edge-work and power. Two (2) 45 minute sessions per week over 11 weeks of the summer (excluding early July while rink is closed for ice maintenance - 19 total ice times). This program is a great supplement to one of our week-long training camps, or in addition to SSAT or SPT Lessons – in fact, there is a special price of \$682 for this program IF you are participating in BOTH this AND a full day/5 day camp or one of our other summer lesson programs!! As a stand alone program, fee is \$800/participant. All ice times are scheduled at the St. Louis Ice Zone.

When you enroll, you are enrolling to fill a spot into THIS program which is for these specific dates and times. Any missed or unused lesson are forfeited. Skaters enrolled in this morning program may NOT attend any other SYNERGY program(s) as makeup opportunities for missing any of your scheduled times. Contact our Synergy office for any clarification PRIOR to enrollment.

SYNERGY will schedule staff based on total number of skaters enrolled vs who we think will be in attendance, so it is NOT necessary to notify us if your skater plans to miss a lesson here or there - just know that there are no make-up sessions offered.

Understand that there is always the possibility for ice times to change - while this doesn't happen often, we want to be sure ALL registered participants understand the notification process should this happen. Each individual ice time is recorded and scheduled in our enrollment software (UpperHand). Any ice time changes will be adjusted in that system and notifications are sent out from the system to your email on file immediately upon the schedule change. A 2nd email is then sent out from a staff member in our office, also through the UpperHand software, alerting everyone to the change and any subsequent information. Please be sure your email is set to receive emails from support@getupperhand.com as this will be the email that notifications are sent from.

Full USA Hockey approved gear is required for participation in any and all ice sessions with Synergy Hockey. Skaters should arrive to the rink in enough time to make their way to their assigned locker room (check with the rink), dress in their gear, and meet Synergy coaches on the ice at their designated ice time.