

Innovative and Effective On-Ice Power Training

SUMMER POWER HOURS

SAT 6/3

1:00 - 1:50 PM

THUR 8/3

6:30 - 7:20 PM

FRI 8/4

6:30 - 7:20 PM

@ 140 ICE DEN

970 Grand Oaks Dr, Howell, MI 48843

Transform Your Skating With

Coach Jess Swinton

All Sessions at 140 Ice Den

\$55/ Session

Register at **swintonpower.com**

(click on Summer Power Hour Requests)



@Jessica_Swinton1



facebook.com/swintonpowerskating