

**South Charleston Memorial Ice Arena
presents....**

Power Skating

**Power Skating Improves Your Speed, Stamina And Edge Quality
While Creating Strong Muscle Memory In A Fun Environment.**

WHEN:

***Every Thursday evening from 5:30—6:30 pm
during the months of June and July 2009**
*Dates/times subject to change without notice

WHERE:

**SOUTH CHARLESTON MEMORIAL ICE ARENA
20 RHL Boulevard South Charleston, WV 25309
304/744-4ICE In the Shops at Trace Fork off US 119**

COST:

The Cost is \$10.00 per person. All hockey players and figure skaters are encouraged to attend.



FOR MORE INFORMATION CALL 744-4423