

William G. Mennen Sports Arena Off-Ice Jump Class with

GALE PILLA

FORMER

U.S. PAIR TEAM MEMBER



Primary Focus – Explosive Jump Technique Circuit Training
Strength Training Plyometrics Core Strength
Extension through Air Positions Doubles and Triples



*Must be working on the Axel and above to enroll in this class.

*Skaters are required to bring their own Exercise Ball, Exercise Mat and Running Shoes.
(Concerns about equipment, please contact Jackie in the Main Office)

THURSDAY

6-week session - \$105.00

5:35pm-6:20pm

**Please make checks payable to Morris County Park Commission (MCPC)*

Class Dates:

September 9, 16, 30 & October 14, 21, 28, 2010

Name of Skater _____ Date of Birth _____

Address _____
(Include Zip Code)

Phone (Home & Alternate) _____

E-mail _____

Parent / Guardian Signature _____

