

JOIN THE PALM BEACH BLADES **SYNCHRONIZED** SKATING TEAM



SEASON RUNS AUGUST 26TH, 2023 - MARCH 30TH, 2024
Saturdays 11:00am - 12:10pm

On Ice Classes with emphasis on:

- Edges, turns, transitions
- Choreography
- Skating Skills and Drills
- IJS program components and element upgrades

Off Ice Classes to include:

- Warm up and Stretching
- Synchro holds, Step sequences and formations
- Conditioning and endurance training
- Ballet/Dance class

NO SYNCHRO EXPERIENCE NECESSARY
TEAMS AVAILABLE FOR SKATERS AGES 6+, LEVEL BASIC 3+
Skaters MUST stay active in Group or Private Lessons

SEASON TUITION \$1095 Per Skater | Payment Plan available
\$250 Deposit | \$169 in Oct, Nov, Dec, Jan, Feb

Tuition Includes: Weekly On Ice Practice, Weekly Off Ice Practice, Performance Exhibitions at Skate Zone, Skate Zone Holiday Show, Dress Rehearsal and Performance & Skate Zone Basic Skills Competition

Does not include: Dress/Costume, Team Apparel

PALM BEACH
SKATEZONE

PALM BEACH SKATE ZONE
8125 LAKE WORTH RD., LAKE WORTH, FL
561-963-5900 | PBSKATEZONE.COM


SKATEZONE SYNCHRO TEAM
PALM BEACH BLADES

QUESTIONS? EMAIL SYNCHRO@PBSKATEZONE.COM OR AUDRA@PBSKATEZONE.COM