

QUICKSTART - SPECIALTY PROGRAMS

PARENT AND TOT PROGRAM

Suitable for children 2-4 yrs and not quite ready to skate without a parent.

This is a 2 part registration:

Child/Adult.

Parent/Guardian must have medium to advance skating skills and be able to hold/assist the skater

Must be over 18 years of age.

Helmet optional for adult only.

1 consistent parent req'd - \$44 each add'l parent



PARENT & TOT

| DAY | START | WEEKS | END | TIME | LOCATION | COST | CODE |
|-------|--------|-------|--------|--------------|----------|-------|--------|
| THURS | 15-Sep | 4 WK | 06-Oct | 6:05-6:35 PM | MSC-C | \$160 | Q-THPT |

PRE POWER PROGRAM

This Program is for skaters that have strong fundamentals of skating and are starting to learn Hockey based skills and fundamentals. Skaters must have completed CanSkate stage 2 OR must be 7 years of age or older .

Full hockey equipment and stick is required.

Participants will be divided up by skill not age.

Jersey will be provided



PRE POWER

| DAY | START | WEEKS | END | TIME | LOCATION | COST | CODE |
|------|--------|-------|--------|-------------|----------|-------|--------|
| TUES | 13-Sep | 4 WK | 04-Oct | 6:45-7:20PM | MSC-C | \$120 | Q-TUPP |
| WED | 14-Sep | 4 WK | 05-Oct | 7:55-8:30PM | MSC-A | \$120 | Q-WPP |

CANPOWER PROGRAM

A dynamic, high energy instructional power skating program geared to hockey skaters. Focuses on balance, technique/ efficiency, power, agility and speed.

Must have completed Level 3 of the Pre Power Program OR by invitation OR 10 years of age or older.

Full hockey equipment and stick is required.

Participants will be divided up by skill not age.

Jersey will be provided



CANPOWER

| DAY | START | WEEKS | END | TIME | LOCATION | COST | CODE |
|------|--------|-------|--------|-------------|----------|-------|--------|
| TUES | 13-Sep | 4 WK | 04-Oct | 7:20-8:05PM | MSC-C | \$155 | Q-TUCP |
| WED | 14-Sep | 4 WK | 05-Oct | 8:30-9:05PM | MSC-A | \$150 | Q-WCP |