

FALL- POWER PROGRAMS



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	11-Oct	11 WK	20-Dec	6:45-7:20PM	MSC-C	\$250	F-TUPP
WED	12-Oct	11 WK	21-Dec	7:55-8:30PM	MSC-A	\$250	F-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	11-Oct	11 WK	20-Dec	7:20-8:05PM	MSC-C	\$285	Q-TUCP
WED	12-Oct	11 WK	21-Dec	8:30-9:05PM	MSC-A	\$280	Q-WCP