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**MILTON**  
Skating Club

# WINTER 2023- 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	10-Jan	11 WKS	28-Mar	6:45-7:20PM	MSC-C	\$250	W-TUPP
WED	11-Jan	11 WKS	29-Mar	7:55-8:30PM	MSC-A	\$250	W-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	10-Jan	11 WKS	28-Mar	7:20-8:05PM	MSC-C	\$285	W-TUCP
WED	11-Jan	11 WKS	29-Mar	8:30-9:05PM	MSC-A	\$280	W-WCP



The Milton Skating Club reserves the right to alter program length and cost due to changes in ice availability beyond our control.

