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**MILTON**
Skating Club

SPRING 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	04-Apr	10 WKS	06-Jun	6:45-7:20PM	MSC-C	\$240	S-TUPP



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	04-Apr	10 WKS	06-Jun	7:20-8:05PM	MSC-C	\$275	S-TUCP



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

