

POWER 1/2 (7 AND 8 YEARS)

LOCATION & TIME

- Lions Rink, RIM Park
- 6 p.m. – 6:50 p.m.
- Two week program, 10 sessions
- August 21 to 25 and August 28 to September 1

HOW TO REGISTER

- Cost: \$168.80
- Course code: 193385
- To register online through [expressreg](#) please use



PROGRAM CONTENT

- Forward & backward strides, stops, forward crossovers and power turns
- Glide Turns, glides with cross cut, backward cross cuts, lateral movement and quick stops
- The instruction will be progressive over the 10 day program
- This program meets the criteria for the Children's Fitness Tax Credit

INSTRUCTORS

- Each session will have a Head Instructor certified through Can Power Skate, and additional on-ice assistants providing individual attention when required
- 1:8/Instructor to child ratio will be maintained

EQUIPMENT

- Full hockey/ringette equipment must be worn
- Each skater MUST wear a CSA approved helmet, mask and neck protector
- Bring your hockey or ringette stick

HAVE MORE QUESTIONS?

- Call Kendra: 519-884
- Email: powerskating@

