

POWER I A (5 AND 6 YEARS)

LOCATION & TIME

- Carolyn Fedy Skating Rink, RIM Park
- Week 1: August 21 to 25
- 5:30 p.m. - 6:20 p.m.

HOW TO REGISTER

- Cost: \$84.40
- Course Code: 193383
- To register online through [expressreg](#) please use th



POWER I B (5 AND 6 YEARS)

LOCATION & TIME

- Carolyn Fedy Skating Rink, RIM Park
- Week 2: August 28 to September 1
- 5:30 p.m.-6:20 p.m.

HOW TO REGISTER

- Cost \$84.40
- Course Code: 193384
- To register online through [expressreg](#) please use the above course code

PROGRAM CONTENT

- Forward & backward strides, stops, cross cuts, glide turns, gliding on edges: inside and out with focus on balance going forward and backward
- Week 1 and Week 2 content is the same
- Parent/Guardian can register their child for both weeks but must understand that the program content is not progressive from the first to the second week
- This program meets 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, m
- Bring your hockey or ringette stick

HAVE MORE QUESTIONS?

- Call Kendra: 519-884-5363x17229
- Email: powerskating@waterloo.ca

