

POWER 2 (8 AND 9 YEARS)

LOCATION & TIME

- Carolyn Fedy Rink, RIM Park
- 6:30 p.m. - 7:20 p.m.
- Two week program, 10 sessions
- August 21 to 25 & August 28 to September 1



HOW TO REGISTER

- Cost: \$168.80
- Course Code: 193386
- To register online through [expressreg](#) please use the above course code

ICE PROGRAM CONTENT

- Builds on Power 1; plus glide turns, glides with cross cuts, 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@](#)

