

POWER 2/3 WITH DRYLAND (9 AND 10 YEARS)



LOCATION & TIME

- Carolyn Fedy Skating Rink, RIM Park
- 7:30 p.m. – 8:20 p.m.
- Two week program, 10 sessions
- August 21 to 25 & August 28 to September 1
- Pre-Skate Dryland from 6:45 p.m. to 7:15 p.m., Mon/Tu
- Dryland is located in the Athletic Centre in the Carolyn Fedy Skating Rink

HOW TO REGISTER

- Cost: \$194.23
- Course Code: 193388
- To register online through [expressreg](#) please use the above course code

ICE PROGRAM CONTENT

- Builds on Power 1 & 2; plus pivots, Mohawks, multiple cross cuts, quick cross cuts, quick forward and backwards lateral
- The instruction will be progressive over the 10 day program
- This program meets the criteria for the Children's Fitness Tax Credit

DRYLAND CONTENT

- Includes a thorough dynamic warm-up with progressive movement meant to warm-up and stimulate the nervous system to prepare the skater for the on ice portion of the session

ICE 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
- Running shoes are required for dryland training

HAVE MORE QUESTIONS?

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

