

# POWER 4 WITH DRYLAND (12, 13 AND 14 YEARS) \* ONLY 24 SPOTS



## LOCATION & TIME

- Lions, RIM Park
- 8 p.m. – 8:50 p.m.
- Two week program, 10 sessions
- August 21 to 25 & August 28 to September 1
- Pre-Skate Dryland from 7:15 p.m. -7:45pm, Mon/Tues/Th
- Dryland is located in the Athletic Centre in the Carolyn Feuy εκαιουησ κηουκ

## HOW TO REGISTER

- Cost: \$225
- Course Code: 193389
- To register online through [expressreg](#) please use the above course code

## ICE PROGRAM CONTENT

- Reviews 1,2 & 3; plus quick transition forwards to backwards, quick starts, quick lateral movement forwards and backwards, drills and skill work involving use of all these in short foot speed drills
- 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](mailto:powerskating@waterloo.ca)

