



Winter 2018



The Canmore Skating Club welcomes back



CanPowerSkate is an action-packed, high energy nationally recognized power skating program. The focus is on balance, power, agility, speed and endurance. Skating skills, techniques and conditioning drills are taught by a certified coach in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an excellent complementary skating program to athletes who have chosen to play on hockey or ringette teams. It's unique skill award program provides incentives and motivation for skaters to continue to achieve from level 1-6.

CanPowerSkate is geared to those skaters who already have basic forward and backward skating skills. They are registered in a Timbit level hockey program or have achieved the required standards of stage 3 CanSkate. Participants must be able to skate the length of the rink using alternate strides and must be able to stop on command without use of the boards. Program and safety requirements are for all participants to wear full hockey/ringette equipment that is CSA approved. The coach to skater ratio is 1:10.

DAY PER WEEK, TIME & LOCATION: Tuesdays, 5:00 – 5:45pm, Alex Kaleta Arena
DATES: Jan 9 – Mar 20 (excluding Feb 20th) for 10 sessions
FEE: \$160 plus annual Skate Canada Fee \$50.00

DIRECTED AND COACHED BY:
CERTIFIED CanPowerSkate COACH, Kendra Domenico

To Register please go to canmoresc.uplifterinc.com
(Instructions on how to register for our programs are posted approx halfway down on our main website page)

Additional inquiries please contact Kendra; 403-678-2692, k.domenico@kcpenergy.com