



ICEPALACE

FIGURE SKATING CLUB

POWERSKATE

POWERSKATE is an action-packed, high energy program that teaches the fundamentals of power skating in a progressive and sequential manner. This program is geared to hockey and ringette players and focuses on balance, power, agility, speed and endurance.

Participants must be 6-9 years old as of July 1, 2019.

Skaters must be proficient in forward skating, backward skating, stopping and outside edges.

Terwillegar Rec Centre & West Edmonton Mall

July 3 - August 21	Wednesdays	6:45pm - 7:45pm	\$160 (8 classes)	July 3-24 at Terwillegar Rec Centre July 31-Aug 21 at West Edmonton Mall
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FUN. FITNESS. ACHIEVEMENT.

Families with 2 or more siblings in this program will receive 10% off for each sibling!

Skate Canada Membership \$35.65 / year (skating year is September 1-August 31)

No refunds or make-up classes

Equipment required: skates with laces, hockey helmet, gloves, blades sharpened



icepalace.ca

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