

# PowerSkate - Spring 2022

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.

## Program Requirements

- Participants must be 5-10 years old as of April 1, 2022
- Skaters must be proficient in forward skating, backward skating, and stopping

## Registration Details & Discount

- There is a 20% discount for each additional day you register for including CanSkate classes
- Families with 2 or more siblings in this program will receive 10% discount for each sibling

## Tuesday West Edmonton Mall

**Dates: April 5 - May 17**

**Time: 4:45 - 5:45pm**

**Cost: \$140 (7 classes)**

**\*This class will use half of the ice surface.**



**FUN. FITNESS. ACHIEVEMENT.**

Equipment required: helmet, skates with laces, guards for blades, warm clothing, gloves/mittens

Skate Canada Membership \$43.65 / year (skating year is September 1-August 31)

No refunds or make-up classes



Bright Dental

