

# PowerSkate - Fall 2023

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, speed, agility, and edge control.

### **Program Requirements**

- Participants must be 5-12 years old as of September 1, 2023
- 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 will receive a 10% discount for each sibling

## Wednesday

### **West Edmonton Mall**

Dates: September 13 - December 13

Time: 5:45 - 6:30pm

Cost: \$192 (12 classes)

\*No class October 25

\*No class November 29

\*This class will use half of the ice surface



#### **FUN. FITNESS. ACHIEVEMENT.**

Equipment required: CSA approved hockey helmet, skates with laces, hard guards for blades, warm clothing, gloves/mittens Skate Canada Membership \$50 / year (skating year is September 1-August 31) No refunds or make-up classes





















