

# PowerSkate - Summer 2024

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 July 1, 2024
- 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 Terwillegar Rec Centre

**Dates: July 3 - August 21**

**Time: 5:45-6:45pm**

**Cost: \$176 (8 classes)**



**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

