

CanPowerSkate

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an excellent complement for those athletes playing on hockey or ringette teams.

Balance
Power
Agility
Endurance
Skills
Speed
Conditioning



Merivale Arena on Thursdays (13 weeks)

Thurs., Sept. 29 th - Dec. 22 nd , 2016	6 pm to 7 pm	Children under 10 years	\$312
	7 pm to 8 pm	10 years & up	\$312

Minto Recreation Complex on Friday evenings (13 weeks):

Friday, Sept. 30 th - Dec. 23 rd , 2015	5:15 pm to 6:15 pm	Children under 10 years	\$312
	6:15 pm to 7:15 pm	10 years & up	\$312

Register online today by visiting www.nepeanskatingclub.com

For further information, please contact the Nepean Skating Club by email office@nepeanskatingclub.com
or by telephone 613-226-6020

