

# 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 <sup>th</sup> - Dec. 22 <sup>nd</sup> , 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 <sup>th</sup> - Dec. 23 <sup>rd</sup> , 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](http://www.nepeanskatingclub.com)

For further information, please contact the Nepean Skating Club by email [office@nepeanskatingclub.com](mailto:office@nepeanskatingclub.com) or by telephone 613-226-6020

