



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 alternative to figure skating and is an excellent complement for those athletes playing hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	ICE SPORTS NORTH SHORE Rink 3	ICE SPORTS NORTH SHORE Rink 3	ICE SPORTS NORTH SHORE Rink 3	ICE SPORTS NORTH SHORE Rink 3
5:00	CANPOWER 5:00PM - 6:00PM	CANPOWER 5:00PM - 6:00PM	CANPOWER 5:00PM - 6:00PM	CANPOWER 5:00PM - 6:00PM
5:15				
5:30				
5:45				
6:00				

IMPORTANT NOTE - SUMMER 4 DAY Program is offered August 26 through August 29.

This program requires you wear full gear and bring stick.