

REGISTRATION INFORMATION

To secure a spot,

“REGISTER ONLINE”

By Visa or Mastercard Only

at www.kelownasc.com

Please note that online registration is quick, user friendly and KSC's preferred choice of registration. Upon registration, you will be emailed a Canada Revenue Agency Certified receipt that you can use towards your child tax credit.

Please note that player MUST BE:

- 7 YEARS OF AGE.
- ABLE TO SKATE FORWARD, BACKWARD AND STOP.

**FOR FURTHER INFORMATION,
PLEASE CONTACT:**

Assistant Coordinator

Tiffany Carter

(250) 862-9220 or

tjfowler@shaw.ca

CANPOWERSKATE is the only 'nationally' regulated power skating program in Canada. All Kelowna Skating Club CanpowerSkate coaches have met strict eligibility and certification requirements.

SKATE PROGRAM



PROSPERA PLACE



WINTER 2010

CANPOWER

CANPOWERSKATE PROGRAM (Jan – Mar, 2010)

CanPowerSkate is an action-packed, high energy instructional Power Skating Program taught by “Skate Canada” certified **Canpowerskate Instructors**.

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Canpowerskate Coordinator **Michele Pacholka**

Michele has over **twenty five years** of experience teaching powerskating to players ranging in skill from Novice to NHL level. In 2005, she completed a 300 hour apprenticeship with **NHL Powerskating Instructors** Steffany Hanlen and Vanessa Hettinger.

Michele brings this expertise to the local CanPowerSkate Classes. She enjoys playing in the Women’s Recreational Hockey League.

Assistant Coordinator **Tiffany Carter**

Tiffany has over **fifteen years** of experience teaching powerskating. She also plays in the Women’s Recreational Hockey League.

All Coaches involved with the program are **Skate Canada Certified Canpowerskate** Coaches.

SESSION #1 – \$120.00

Ages: 7 - 9 yrs.
Day: Mondays
Start: Jan 5/10
Time: 6:30 – 7:15 pm
Arena: Prospera Place

MINIMUM of 1 year hockey or ringette experience.

SESSION #2 – \$120.00

Ages: 10 yrs. & over
Day: Mondays
Start: Jan 4/10
Time: 7:15 – 8:00 pm
Arena: Prospera Place

MINIMUM of 2 years hockey or ringette experience.

SESSION #3 – \$120.00

Ages: 7 - 9 yrs.
Day: Tuesdays
Start: Jan 5/10
Time: 6:30 – 7:15 pm
Arena: Prospera Place

MINIMUM of 1 year hockey or ringette experience.

SESSION #4 – \$120.00

Ages: 10 yrs. & over
Day: Tuesdays
Start: Jan 5/10
Time: 7:15 – 8:00 pm
Arena: Prospera Place

MINIMUM of 2 years hockey or ringette experience.

ADULT SESSION – \$135.00

Ages: 18 yrs. & over
Day: Mondays
Start: Jan 5/10
Time: 8:15 – 9:00 pm
Arena: Prospera Place

For eager beginners willing to learn to advanced adults.

FEES are for 8 Classes

(includes ice, instruction, insurance and Skate Canada membership fees)

OVERVIEW OF INSTRUCTIONAL PROGRAM

- The basic skills of skating are stressed in all sessions. Emphasis will be on the **correct technique** of skating so that hockey or ringette players ‘skate smarter, not harder’!
 - Coaching will concentrate on the improvement of skating performance through the **review of skills** and the use of advanced drills that promote **power and speed**.
 - Skating skills will be broken down and repeated over and over again in order to **develop correct muscle memory**.
 - Instruction of skating skills will be **hockey specific**. In other words, students will learn when, where, how and why each skill should be used in a game situation.
- ## FEATURES
- **Low student/instructor ratio.**
 - Instructors create a **positive learning environment** that is conducive to risk taking and confidence building.