

WELCOME TO CANPOWER SKATE Session #2

Our CanPowerSkate program focuses on balance, power, agility, speed and endurance skills, all of which are especially important for hockey and ringette players. Focus is on skaters 4-9 years old with previous skating experience (must be able to stand and move on their own). It is a ten-week program consisting of 45 minutes per week.

- Your child will be skating on MONDAYS in the ENCANA Arena, from 4:15pm-5:00pm.
- Your child should wear gloves, skates, and a helmet. Your child should also bring a hockey stick.
- Your coach is **Rochelle Leslie**. We are looking for someone to help coordinate the program such as handing out information and communicating between the coach and parents. If you are interested, please let us know at pduggan5@cabl-lynx.net.
- Fees or portions of fees will not be refunded once a skater has begun lessons, except for beginning CanSkate skaters, whereby they shall have a two-week probationary period to confirm registration. Withdrawal within the two-week probationary period shall be eligible for a full refund, less \$40.00 Administration Fee. No refunds will apply if withdrawal occurs after the two-week probationary period.
- Please see our website at www.camroreskatingclub.com for our club executive listing, our club policies and procedures, as well as our program information booklet. There are many other helpful resources available to you on this site as well.
- The dates for CanPowerSkate for 3 year olds are as follows:

JANUARY 9	LESSON #1 OFFICIAL START DATE FOR THE PROGRAM
JANUARY 16	LESSON #2
JANUARY 23	LESSON #3
JANUARY 30	LESSON #4
FEBRUARY 6	NO LESSON ON THIS DAY
FEBRUARY 13	LESSON #5 - SKATING IS IN THE BORDER PAVING ARENA
FEBRUARY 20	LESSON #6
FEBRUARY 27	LESSON #7
MARCH 5	LESSON #8
MARCH 12	LESSON #9
MARCH 19	LESSON #10 LAST DAY SESSION #2
MARCH 23	4PM-10PM ICE SHOW REHEARSAL
MARCH 24	2PM-5PM ICE SHOW