



## CANPOWERSKATE

A 40-minute program taught by our NCCP Certified CanPowerskate Professional Coaches. The CanPowerskate program is endorsed by Hockey Canada as the National powerskating program. This action packed, high-energy, instructional power skating program focuses on power, balance, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format.

**PREREQUISITE:** At minimum, players must be able to skate the perimeter of the ice without their stick, push with both feet, skate forwards and backwards, stop, balance and glide on one foot. Coaches will assess participants on first night and reserve the right to recommend a switch in program if required skills are not met.

Full hockey equipment and stick required. This program is NOT a learn-to-skate program - minimum skating skills noted above are taught through our Canskate program. Visit website for more info. [www.skatecanadaorangeville.ca](http://www.skatecanadaorangeville.ca)

**Balance:** Forward skills

**Control:** Backward skills and stops

**Agility:** Turning/pivoting skills, and starts

BALANCE	CONTROL	AGILITY
Stance	Stops	Slaloms
Forward Stride	Backward Stride	Tight turns
Forward Edges	Backward Edges	Eagle and Mohawk Turns
Forward Crossovers	Backward Crossovers	Reverse Pivot Turns
Forward Lateral Movement	Backward Lateral Movement	Starts

### 2022-2023 SCHEDULE (all programs held at Tony Rose Recreation Centre)

**NOTE:** A \$45 insurance fee per skater will be added to the costs below. This fee is payable once per season on your first registration and will not be added to any subsequent registrations during the 2022-2023 season (Sept 1-Aug 31)

		4 week Program
<b>MONDAYS</b>		Sept 12-Oct 3
<b>POWERSKATE</b>	5:30-6:10 pm	\$96
<b>POWERSKATE</b>	6:10-6:50 pm	\$96
		5 week Programs
<b>TUESDAYS</b>		Sept 13-Oct 11 Oct 18-Nov 15 Nov 22-Dec 20 Jan 10-Feb 7
<b>POWERSKATE</b>	5:20-6:00 pm	\$120