

CANPOWERSKATE

- This is a dynamic instructional program that focuses on the development of balance, power, speed and agility – basic skills essential to hockey and ringette skaters.
- If the skater does not reach required standards for the CanPowerSkate session, he/she will be referred to a CanSkate session. Our learn-to-skate program is called CanSkate. All basics required for the CanPower program are taught on CanSkate. The Club holds 3 CanSkate sessions per week on Tuesdays **5:20 - 6:05 pm ; 6:05 - 6:50 pm** and Thurs **5:30 - 6:15**. Brochures are available on our website and at the Lebrun Centre.
- CanPowerSkate is NOT a learn-to-skate program.

SKATING LEVEL REQUIRED:

Level 1 - working on Level 1 CanPowerSkate

Required skills: Skater must be able to:

- Skate forward
- Stop forward
- Skate backward
- Stop backward

*Power will be developed in the program; however, all 4 skills are required to enter.

Approximate Hockey Level: Average novice player or average atom house player, high-level Timbits.

Level II CanPowerSkate (passed Level I CanPowerSkate)

Required skills: Skater must be able to:

- Skate forward with power
- Stop forward effectively in both directions
- Skate backward with power
- Stop backward effectively in both directions
- Execute tight glide turns aggressively with balance and power

At this level skaters will be working on forwards and backwards cross-overs with power and change of direction. Upon achieving level II the skater will be able to skate good back crossovers in both directions.

Approximate Hockey Level: Novice Player and Atom Player, Pee-Wee House League.

CANPOWERSKATE PROGRAM		
Mondays 4 p.m. – 4:50 p.m.		Payment
Dates: 2009 Oct. 5—on ice evaluation Oct. 19, 26 Nov. 2, 9, 16, 23, 30 Dec. 7, 14	Dates: 2010 Jan. 4, 11, 18, 25 Feb. 1, 8, 15, 22 Mar. 1, 8, 22	Cheque 1 Sept. 13/09 \$202.50 Cheque 2 Jan. 2/10 \$137.50 Total: \$340
Payment:		
<ul style="list-style-type: none"> • Payment may be made in two separate cheques payable to Bedford Skating Club or in one cheque for the full amount. Cash also accepted. • Cheque #1 dated Sept. 13, 2009 \$202.50: (Includes SC fee and fundraising, registration year runs from Sept 1 – to August 31 annually). • Cheque #2 dated Jan. 2, 2010 \$137.50 		

EQUIPMENT REQUIRED

Full hockey/ringette gear that is CSA approved – helmet, hockey skates, stick, gloves and, if possible full pads. Goalies may wear full or partial gear.

PROFESSIONAL COACHES

All programs are conducted by Skate Canada certified CanPowerSkate professional instructors.

Applications will be processed in order they arrive. No spots will be taken over the phone. Consider your application confirmed unless you hear from a member of the club.

REGISTRATION IS ON A FIRST COME FIRST SERVE BASIS

Cancellation:

- All sessions are held unless the arena closes due to inclement weather.
- CANCELLATION: Cancellations will be announced on C100, CJCH, Q104, CFDR.

Recreational Administrator: Tammy Burton 455-4470
Bedford_rec_ad@yahoo.ca

Program Manager: Louise Mathers 479-0439
lmathers@ns.sympatico.ca

Registration in person

Sunday, Sept 13, 6:30 - 8:00 PM
LeBrun Centre Lions' Den
Bedford, NS



www.bedfordskatingclub.com

CANPOWERSKATE LEVELS 1 and 2 ONLY

Oct. 5, 2009 – March 22, 2010

Sanctioned by SkateCanada