



## 2011 - 2012 WINTER SCHOOL

17 October 2011 to 26 March 2012

CanPowerSkate Levels 1 & 2

*LeBrun Arena  
36 Holland Avenue  
Bedford, NS*

[www.bedfordskatingclub.com](http://www.bedfordskatingclub.com)

Sanctioned by Skate Canada

### REGISTRATIONS

Registrations will be processed on a first come first served basis. BSC reserves the right to change and/or cancel sessions depending on registration, to accommodate special events or meet requirements or emergency situations.

### CANCELLATIONS

There will be no make up sessions for HRM rink closures.

### CanPowerSkate Programs

- This is a dynamic instructions program that focuses on the development of balance, power, speed and agility; basic skills essential to hockey and ringette skaters.
- **CanPowerSkate is not a learn-to-skate program.** 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).

### 2011 - 2012 Schedule

	Monday
	5:00-5:50 pm
October	17, 24
November	7, 14, 21, 28
December	5, 12
January	2, 9, 16, 23, 30
February	6, 13, 20, 27
March	5, 19, 26

### SKATING LEVEL REQUIRED

#### Level 1 - working on Level 1 CanPowerSkate

- Required Skills
- Skate forward
  - Stop forward
  - Skate backward
  - Stop backward (concept of)

#### Level 2 - passed Level 1 CanPowerSkate

- Required Skills
- 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

### EQUIPMENT REQUIRED

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

### PROFESSIONAL COACHES

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