

PRE-POWER & POWER SKATE SESSIONS

For current and future

Ringette & Hockey Players

Offered at your local skating club: **Riverview Skating Club** www.riverviewskatingclub.ca

PowerSkate is an action-packed, high energy instructional power skating program geared for hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. We have players returning year after year for this program! PowerSkate is geared for more advanced players, typically ages 8 to 16. Powerskating runs three times per week and each session is 60 minutes long. A CSA Approved helmet is required, and full gear can be worn if skater desires (most skaters do wear it).

Pre-Power helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. CSA Approved Helmets and skates are all that are required at this level, but full gear can be worn if desired. Pre-Power runs two times per week and each session is 45 minutes long.

Group 1 is for skaters ages 4-12 who have an interest in becoming hockey or ringette players but have not played on at team yet. Must be able to skate forwards and backwards and stop with ease.

Group 2 is for skaters ages 4-12 who have played on a hockey or ringette team for 1 to 2 years.

Fall Session: September 7th to October 11th, 2019

On-Line Registration Available at www.riverviewskatingclub.ca

Spaces are limited and are on a first come, first serve basis

PowerSkating: Tuesday, Thursday & Friday Nights \$185 + \$53.65 Skate Canada/Skate NB Fees

Pre Power Group 1 Tuesday & Thursday, Group 2 Wednesday & Friday \$125.00 + \$53.65 Skate Canada/Skate NB Fees



Improve your GAME

Build your STRENGTH

Increase your POWER