

## **REGISTRATION** **INFORMATION**

To secure a spot,

**“REGISTER ONLINE”**

By Visa or Mastercard Only

Commencing early August 2010

@ [www.kelownaskatingclub.com](http://www.kelownaskatingclub.com)

Please note that online registration is quick, user friendly and KSC's preferred choice of registration. Upon registration, you will be emailed a Canada Revenue Agency Certified receipt that you can use towards your child tax credit.

Please note that player **MUST BE:**

- 7 YEARS OF AGE.
- ABLE TO SKATE FORWARD, BACKWARD AND STOP.

**FOR FURTHER INFORMATION,  
PLEASE CONTACT:**

**Assistant Coordinator**

**Tiffany Carter**

**(250) 862-9220 or**

**tjfowler@shaw.ca**

**CANPOWERSKATE** is the only 'nationally' regulated power skating program in Canada. All Kelowna Skating Club CanpowerSkate coaches have met strict eligibility and certification requirements.

# **CANPOWER SKATE PROGRAM**



## **PROSPERA PLACE**



## **FALL 2010**

## CANPOWERSKATE PROGRAM (Sept. – Dec./10)

CanPowerSkate is an action-packed, high energy instructional Power Skating Program taught by “Skate Canada” certified **Canpowerskate Instructors**.

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### Canpowerskate Coordinator **Michele Pacholka**

Michele has over **twenty five years** of experience teaching powerskating to players ranging in skill from Novice to NHL level. In 2005, she completed a 300 hour apprenticeship with **NHL Powerskating Instructors** Steffany Hanlen and Vanessa Hettinger.

Michele brings this expertise to the local CanPowerSkate Classes. She enjoys playing in the Women’s Recreational Hockey League.

### Assistant Coordinator **Tiffany Carter**

Tiffany has over **fifteen years** of experience teaching powerskating. She also plays in the Women’s Recreational Hockey League.

All Coaches involved with the program are **Skate Canada Certified Canpowerskate** Coaches.

### SESSION #1 – \$150.00

**Ages:** 7 - 9 yrs.  
**Day:** Mondays  
**Start:** Sept 27/10  
**Time:** 6:30 – 7:15 pm  
**Arena:** Prospera Place

MINIMUM of 1 year hockey or ringette experience.

### SESSION #2 – \$150.00

**Ages:** 10 yrs. & over  
**Day:** Mondays  
**Start:** Sept 27/10  
**Time:** 7:15 – 8:00 pm  
**Arena:** Prospera Place

MINIMUM of 2 years hockey or ringette experience.

### SESSION #3 – \$150.00

**Ages:** 7 - 9 yrs.  
**Day:** Tuesdays  
**Start:** Sept 28/10  
**Time:** 6:30 – 7:15 pm  
**Arena:** Prospera Place

MINIMUM of 1 year hockey or ringette experience.

### SESSION #4 – \$150.00

**Ages:** 10 yrs. & over  
**Day:** Tuesdays  
**Start:** Sept 28/10  
**Time:** 7:15 – 8:00 pm  
**Arena:** Prospera Place

MINIMUM of 2 years hockey or ringette experience.

### ADULT SESSION – \$165.00

**Ages:** 18 yrs. & over  
**Day:** Mondays  
**Start:** Sept 27/10  
**Time:** 8:15 – 9:00 pm  
**Arena:** Prospera Place

For eager beginners willing to learn to advanced adults.

### FEES are for 10 Classes

*(includes ice, instruction, insurance and Skate Canada membership fees)*



## OVERVIEW OF INSTRUCTIONAL PROGRAM

- The basic skills of skating are stressed in all sessions. Emphasis will be on the **correct technique** of skating so that hockey or ringette players ‘skate smarter, not harder’!
- Coaching will concentrate on the improvement of skating performance through the **review of skills** and the use of advanced drills that promote **power and speed**.
- Skating skills will be broken down and repeated over and over again in order to **develop correct muscle memory**.
- Instruction of skating skills will be **hockey specific**. In other words, students will learn when, where, how and why each skill should be used in a game situation.

## FEATURES

- **Low student/instructor ratio**.
- Instructors create a **positive learning environment** that is conducive to risk taking and confidence building.