

CANPOWERSKATE PROGRAM

Jan. – Mar. 2012

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

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

Canpowerskate Coordinator **Michele Pacholka**

Michele has over **twenty nine 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.

Tiffany Fowler, Shirley McNally and **Lael Phillips** are qualified, experienced and enthusiastic instructors who have assisted Michele with the Canpowerskate Program for over 5 years.

SESSION #1 – \$150.00

Ages: 7 - 9 yrs.
Day: Mondays
Start: Jan. 9/12
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: Jan. 9/12
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: Jan. 10/12
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: Jan. 10/12
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: Jan. 9/12
Time: 8:15 – 9:00 pm
Arena: Prospera Place

For eager beginner hockey players 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.