

# CANPOWER SKATE



## 8-WEEK CANPOWERSKATE LESSONS WITH A CERTIFIED COACH.

- ★ HIGH-ENERGY INSTRUCTIONAL POWER SKATING PROGRAM. ★
- ★ GEARED TO HOCKEY AND RINGETTE PLAYERS. ★
- ★ FOCUS ON BALANCE, CONTROL AND AGILITY WITH COMPONENTS OF POWER AND SPEED. ★
- ★ NCCP CERTIFIED COACHES. ★



November 1st – December 20th

5:10-5:50pm or 6:10-6:50

Hillsburgh Arena.

\$140 plus Skate Canada fee.

See [www.hillsburgherinsc.com/programs](http://www.hillsburgherinsc.com/programs) - for registration and minimum skill requirements.