

POWER SKATING

ATTENTION HOCKEY & RINGETTE PLAYERS!

INTRODUCING THE ANCASTER SKATING CLUB CANPOWERSKATE PROGRAM

- ✓ **Skaters 9 years of age or older**
- ✓ **Emphasis on the application of skating skills to game situations**
- ✓ **Develop speed, balance, control, power, agility and endurance**
 - ✓ **Learn skills, techniques and conditioning drills**
- ✓ **Led by Professional Skate Canada CanPowerSkate Coaches**

Monday evenings from 6:10-7pm

Full hockey equipment and hockey stick is required

REGISTER NOW – SPACES ARE LIMITED!

