

## CANPOWER SKATE SESSION

This program is geared towards hockey and Ringette players. It is an instructional program developed by Skate Canada. Focus is on balance, power and agility. Instructors will teach skills, and instruct with circuits, and drills. Full hockey gear and a stick are required.

Testing is not part of this program.

As a guide, this program is generally geared for Novice players, up to and including Atom House, Atom B skaters and up to and including U12 Ringette players.

**Pre-Power** - This program is designed for players who cannot yet stop confidently with at least one foot and are working to get a consistent glide while skating backwards. This program will cover basic skating skills as required in hockey and ringette.

If your skater does not meet these criteria, the CanSkate program will be best suited for them.

**Power** - This program is designed for players who can consistently stop on one foot, and either consistently or most of the time on the other foot. Skaters should be able to get from one end of the ice to the other skating backwards with ease. This program will cover some basic and more refined skating skills in a faster paced setting that will translate easily to hockey or ringette.

If your skater does not meet these criteria, the Pre-Power Program will be best suited for them.

## APPLICATION FORM

2018 Winter

Registration begins November 15th

Please print

DSC Member in 2017 Fall Yes \_\_\_ No \_\_\_

Please print your child's following information.

Skater's Name \_\_\_\_\_ Gender \_\_\_\_\_

Parent / Guardian's Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Email address \_\_\_\_\_

Telephone # (H) \_\_\_\_\_ (W) \_\_\_\_\_

Birth date: Day \_\_\_\_\_ Mo \_\_\_\_\_ Yr \_\_\_\_\_

What level of Hockey or Ringette do you currently play?

\_\_\_\_\_

I agree to allow the DSC to take pictures of my child to be used on the DSC website: yes \_\_\_ no \_\_\_

## Canpowerskate Session

|                                   | Dates  | Location / Fee                 |
|-----------------------------------|--|--------------------------------|
| Monday -<br>Power<br>5:00-5:50    | Jan. 8,15,22,29<br>Feb.5,12,26<br>Mar. 5,19,26 | Gray Arena<br>\$236            |
| Sunday- Pre<br>Power<br>6:10-6:50 | Jan. 7,14,28<br>Feb. 4,11,18<br>Mar. 4,25      | Cole Harbour<br>Place<br>\$176 |

Third person in a recreation program is 1/2 the lowest price.

Payment is made to the Dartmouth Skating Club. Cheques are to be dated December 15<sup>th</sup> 2017

Included in the cost of the Non-Member fee is the \$36.00 Skate Canada Registration/Insurance Fee. This membership is valid from September of 2017 until August of 2018.

Note: The club will not be responsible for personal injury or loss of property. A \$35 fee will be charged on all NSF cheques. **There are no refunds for snow days** Program fees will be refunded on a prorated basis (less 25% administration fee) for **medical reasons only**. All requests for medical refunds must be made in writing and accompanied by a medical note to Kyla McNeil Upton @ [kyla.upton.dsc@gmail.com](mailto:kyla.upton.dsc@gmail.com)

DSC reserves the right to cancel any session due to insufficient enrollment.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Dartmouth Skating Club

Cole Harbour Place  
&  
Gray Arena



Winter 2018

## Pre Power and Power Skating

Register via mail:

Kyla McNeil Upton (Dartmouth Skating Club)  
11 Bligh Street  
Dartmouth NS  
B3A 1K8

[Kyla.upton.dsc@gmail.com](mailto:Kyla.upton.dsc@gmail.com) #835-2012

[www.dartmouthskatingclub.ca](http://www.dartmouthskatingclub.ca)

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