

2. POWER SKATING PERFORMANCE – 2 DAYS

Monday, December 22 - Tuesday, December 23

Designed to significantly improve the technical skills of skating with and without pucks. Specific technical skating skill training will be designed to improve the “ABC’s” of skating - agility, balance, coordination and speed. Teaching proper technique, viewing demonstrations and providing opportunity for repetition greatly enhance every players ability to skate faster and reach top speed more efficiently. Sessions include approx. 30 min. of skating without pucks followed by 30 min. of skating with pucks including individual technical skills of puck control, passing/receiving, shooting & scoring to provide game like situations. **Limited enrolment to ensure high quality instruction.**

<u>SESSION</u>	<u>AGES</u>	<u>DATE</u>	<u>TIMES</u>
1	8 - 10	Monday – Tuesday	9:50am – 10:50am
2	11 - 13	Monday – Tuesday	11:00am – 12:00pm

COST: \$49.00. Full Equipment Required.