

ABOUT OUR PROGRAM

The 'CanPowerSkate for Better Hockey/Ringette Program' is an action-packed, high energy instructional power skating program geared to hockey and ringette players that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate is geared to skaters approximately six years of age or older who already have basic forward and backward skating skills and are able to stop on command. CanPowerSkate's Pre-Power is designed for young skaters, approximately four to six years of age who can stand up on skates and move forward. Pre-Power helps develop basic skating abilities including forward and backward skating, stopping, turning and agility skills. Pre-Power is offered within our CanSkate '2' program. A separate brochure is available in our Club Office.

OUR COACHING TEAM

Our team of enthusiastic Skate Canada Certified Professional Coaches are committed to providing quality instruction with the focus on continuous movement.

Our CanPowerSkate session is capped at 34 participants. This enables our staff to provide more movement and action during the class for the skaters.

How to Register: *Online & at the GSC Club Office*

Tel: (613) 830-1610

Fax: (613) 830-3464

E-Mail: info@gloucesterskatingclub.ca

Website: www.gloucesterskatingclub.ca

INTERAC / VISA / MASTERCARD ACCEPTED



GLOUCESTER SKATING CLUB **Skate Canada Member**

CANPOWERSKATE



**FOR A BETTER
HOCKEY/RINGETTE
PROGRAM**

WINTER 2012

**Bob MacQuarrie
Orleans Rec Centre
1490 Youville Drive
Orleans, Ontario K1C 2X8**

Tel: (613) 830-1610

Fax: (613) 830-3464

E-Mail: info@gloucesterskatingclub.ca

Website: www.gloucesterskatingclub.ca

WINTER 2012 CANPOWERSKATE

Please Print Clearly

Parent LAST Name			
Parent FIRST Name			
Skater LAST Name			
Skater FIRST Name			
Address			
City		Postal Code	
Date of Birth	(M)	(D)	(Y)
Gender/Age	(Male)	(Female)	(Age)
Home Phone #		Work Phone #	
Email Address			

Any known medical conditions: _____

Level of Play: (Circle) RECREATIONAL COMPETITIVE

Return Member from Fall 2011? Yes _____ No _____

DAY / TIME	DURATION	START DATE	COST
<input type="checkbox"/> Tues (50 Min.) – 6:00pm	17 weeks	Jan. 10	\$ 238.00

Session Cost: \$ 238.00

Skate Canada Registration Fee Sept. 1, 2011– Aug. 31, 2012: \$ _____

Admin fee: \$ 4.00

TOTAL COST : \$ _____

Pro-Rated Cost: _____ Pro-Rated Start Date: _____

CASH INTERAC VISA MASTERCARD CHEQUE Date: _____

For Office Use Only: Information Required for Tax Receipts	
Date Paid:	
Adult's Name:	

PROGRAM SCHEDULE

WINTER SESSION: January – May 2012

Classes take place at the Bob MacQuarrie Complex

<u>TUESDAY:</u>	6:00 pm – 6:50 pm (50 Minutes)
<u>Start Date:</u>	Tuesday, January 10, 2012
<u>Cost:</u>	\$238.00/ 17 weeks

- I M P O R T A N T -

*The CanPowerSkate program is intended for skaters who are proficient in both forward and backward skating and stopping on command. *

COMPULSORY EQUIPMENT

Participants are required to wear a CSA helmet with face mask, neck guard, hockey gloves, hockey pants, elbow and shin pads. A hockey or ringette stick is also required.

REFUND POLICY

*Refunds will be issued up to one week prior to the start of the program. Gloucester Skating Club must receive written requests for refunds within the time specified. There will be an Administration fee of 3% on all refunds. There will be no refunds, substitutions or make-ups for missed lessons. Payment must be made at the time of registration. **All classes are subject to cancellation due to insufficient registration. NSF Cheques returned by the bank will have a \$25 Administration fee applied.***