



Carman – Power Skating Academy

October 25
November 8
November 22
December 6
December 20
January 17
January 31
February 14

12 spots Per Group
Friday Nights

7:00-7:45
Novice Major/Atom

8:00-8:45
PeeWee/Bantam

The Power Skating at The RINK is designed to be a technical breakdown of skating mechanics to help players move in all directions with ease. Skating will change over time as players grow. Skating needs to be continually worked on to make sure form and technique remain consistent. When players build a strong foundation in their skating with balance and power, changes are easier to accommodate.

Sessions will include:

- Forward skating
- Backwards skating
- Cross overs
- Edge control
- Tight turns
- Lateral turns
- Quick starts
- Acceleration
- Transition skating
- And many more detailed sessions

Cost for all 8 sessions = **\$320.00**

Registration will be online at

<http://carmandufferinrec.maxgalaxycanada.net/BrowseActivities.aspx>

Please call the Rec Office for more information at

[204-745-2684](tel:204-745-2684) or email programcdr@townofcarman.com