



**Parks & Recreation**

# Carman – Power Skating Academy

November 3  
November 17  
December 1  
December 15  
December 29  
January 12  
January 26  
February 9  
February 23  
March 9

**12 spots Per Group  
Wednesday Nights**

**6:45-7:30**

**U9 Major/U11**

**7:45-8:30**

**U13/U15**

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 10 sessions = \$340.00**

Registration will be online

Please call the Rec Office for more information at [204-745-2684](tel:204-745-2684) or email [programcdr@townofcarman.com](mailto:programcdr@townofcarman.com)