Welcome to the

STOUFFVILLE SKATING CLUB

POWER SKATING PROGRAM

The Stouffville Skating Club is pleased to present our POWER SKATING PROGRAM for the 2008 / 2009 skating season.

This program is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters, 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.

The session is 45 minutes long and will include a warm-up, new skills, review of previously taught skills, drills, activities and a cool-down.

CSA approved hockey helmets are mandatory. It is also mandatory for all skaters to wear full hockey equipment and to bring a hockey stick. It is recommended that parents remain at the arena while the skater is on the ice.

The Fall POWER SKATING session will begin Monday, September 15, 2008 and will run until Monday, December 15, 2008 (13 weeks).

Please note that there will be **NO SKATING** on:

Monday, October 13, 2008 (Thanksgiving)

A Winter POWER SKATING session will begin on January 12, 2009 and run until April 20, 2009. Registration for the winter will take place in late November or early December.

Please provide an email address as our newsletters are sent out using email as well as any other important announcements. Email addresses will be kept confidential and will not be shown when our newsletters, etc. are sent. If you do not have email, please watch the bulletin board for the newsletter and for any other changes to the regular schedule. If there are any questions/concerns regarding this program please contact the skating office at 905-642-8651.