



# CANPOWER SKATE PROGRAM

## Fall/Winter 2017-2018

For Inquiries e-mail:  
[arcticedgesc@gmail.com](mailto:arcticedgesc@gmail.com)

**Canpower Skate** is an action-packed high energy power skating program taught by Skate Canada certified Canpower Instructors. Canpower Skate is the only "nationally" regulated power skating program in Canada. **Our fall and winter program will be geared towards two age groups: Ages 11 to 13 and ages 9 to 11.** Skaters must be able to skate forward, backward and stop. Skaters come fully dressed in Hockey Gear and wear CSA approved helmets.

### Overview of Instructional Program

- The basic skills of skating are stressed in all sessions.
- Coaching will concentrate on the improvement of skating performance through the review of skills and the use of advanced drills that promote power and speed
- Skating skills will be broken down and repeated over and over again in order to develop correct muscle memory
- Instruction of skating skills will be hockey specific. Skaters will learn when, where and how each skill should be used in a game situation.

### Coach

**Trish Pettitt** has over 35 years of coaching experience. She has taught power skating from beginner to advanced level skaters.



### Sessions

#### FALL SESSION

##### Ages 11 to 13

Wednesdays: \$198 (11 sessions)  
October 4 to December 13, 2017  
7:00 am to 7:45 am

##### Ages 9 to 11

Fridays: \$198 (11 sessions)  
September 23 to December 15, 2017  
5:30 pm to 6:15 pm

**There will be no Canpower:**  
**Friday October 6, 2017**  
**Friday December 8, 2017**

#### WINTER SESSION

##### Ages 11 to 13

Wednesdays: \$198 (11 sessions)  
January 3 to March 14, 2018  
7:00 am to 7:45 am

##### Ages 9 to 11

Fridays: \$126 (7 sessions)  
January 5 to March 2, 2018  
5:30 pm to 6:15 pm

**There will be no Canpower:**  
**Friday January 26, 2018**  
**Friday February 23, 2018**

#### Other Fees

All skaters must be registered with Skate Canada and pay an annual membership fee. This fee covers a full year of skating from September 2017 - August 2018. The Skate Canada and administration fee is **\$36** and it is non-refundable.

### Payments

**On-line payments only accepted** through Paypal (accepts Visa, Mastercard American Express and Discover). Contact Arctic Edge Skating Club if paying through the Kids Recreation Fund Program or if you would like to pay using an alternative method.

### Registration

#### Sessions held at Canada Games Centre

*Program and sessions are subject to a minimum number of registrants. Arctic Edge Skating Club reserves the right to change programming if there is insufficient enrolment.*

#### REGISTER ON-LINE

[www.coastregistry.com/clubs/aesc](http://www.coastregistry.com/clubs/aesc)

To register, copy the above link to the URL tab or go to our website. The system works chrome, Edge, Safari, Firefox, and I pads. Once on the site:

- Select the program.
- Select the sessions.
- Click on Check out when finished with program selections.
- If you are a returning user, enter your user name and password and then click paypal for payment.
- If you are a new user, click on register and create a user name and password. You will then be asked to enter your child's information.

Please remember or write down your user name and password. Please **do not** create a new account if you register for a new program in the same season as you will be charged the Skate Canada fee a second time in one year. **Do** click 'forgot password?' and information about retrieving your password will be sent to the email associated with your account.

If you have further questions about the registration system or need information about your Skate Canada number, please email the club.

