



National CanPower Skate Program

Take your game to the next level with our new six-week intensive hockey skill development program with Nationally-Certified CanPower Coach Anita Flay.

Action-packed, high-energy instructional power skating geared to hockey players focusing on balance, power, agility, speed and endurance, with error detection and correction feedback.

Sessions run Wednesdays at the Sechelt Arena

CanPower Junior	6:30 - 7:15 PM	\$78.75*
CanPower Intermediate	7:30 - 8:15 PM	\$86.63*
CanPower Adult/Senior	8:30 - 9:15 PM	\$86.63*

Session #1: Sept. 28 - Nov. 3, 2011

Session #2: Nov. 9 - Dec. 14, 2011

Session #3: Jan. 4 - Feb. 8, 2012

Session #4: Feb. 15 - March 28, 2012

Register for all 4 sessions & save \$40!

**5% discount available if paid by cash or cheque.*

**A one-time annual Skate Canada registration/insurance fee of \$35 will be added to the first registration (no charge for subsequent sessions).*

Register

On-line at coastregistry.com/clubs/sunshinecoast

Mail registration & payment to Sunshine Coast Skating Club,
PO Box 1316, Sechelt, BC, V0N 3A0

For more information contact Anita Flay at 604-885-1909 or
SCSC Registrar at registration@sunshinecoastskatingclub.ca

www.sunshinecoastskatingclub.ca