

MARKDALE POWER SKATING

Available throughout the Hockey Season 2010/11

One night per week (likely Tuesday)

Tyke/Novice Session

Atom/Peewee Session

Build stamina throughout the season, close to home!

**For more information email mbreedon@everus.ca or
call (519) 986-2733**

MARKDALE PWER SKATING

Emphasis will be on:

- **Hockey Stance - Forward & Backward**
- **Forward & Backward Strides**
- **Stops - Forward & Backward**
- **Crossovers - Forward & Backward**
- **Turns**
- **Body Control**
- **Agility**
- **Strength Training**
- **FUN!**
- **There will be continuous movement on ice with lots of interaction.**
- **Pucks will be used for many of the drills.**
- **Level 2 Certified Skating Coach to instruct all sessions.**
- **Volunteer Power skating helpers to help with all sessions.**