

# *POWER PLUS SKATING SESSIONS Youth Development FALL TERM PROGRAMMING*

**SATURDAYS, Sept 14—Dec 14**

**12:15 pm—1:00 pm, Skate Canada Rink (Rink 8)**

**\$250 plus 5% GST**

Plus annual 2019/2020 Skate Canada membership, \$43.65

**CALL OR VISIT CHAMPS SKATING TO REGISTER!**

Power Plus teaches skating skill techniques, conditioning drills, as well as, agility and balance for developing hockey players of today. Stopping, directional changes, and acceleration are all incorporated into this 45 minute session.

Power Plus staff are champion figure skaters, certified Skate Canada coaches, and current staff of Champs International SC of BC.

The program is geared for males or females between 10 and 15 years. It is the perfect compliment to any hockey program: Atom 9-11 yrs, Pee Wee U13, and first year Bantam U15. All enrolled skaters **MUST** wear hockey equipment, helmet, and have their own skates.



CHAMPS INTERNATIONAL SC of BC ADMIN OFFICE

604-291-0626 Ext 258 or 778-331-3932

[champsinternational@icesports.com](mailto:champsinternational@icesports.com)

[www.champsinternationalskating.com](http://www.champsinternationalskating.com)

CANLAN ICESPORTS/BURNABY 8 RINKS

6501 Sprott St, Burnaby BC, V5B 3B8

