

PIVOT POWER SKATING POWER SKATING AND SKILLS

Beaumont Sport & Recreation Centre



PIVOT POWER SKATING
speed • balance • power

U9/U7 5-8YRS

2014-2015
2016-2017

SEPTEMBER 16 - DECEMBER 16 (FRIDAYS)
TIME: 5:45 - 6:45PM COST: \$275 (12 SESSIONS)

U11 9-10YRS

2012-2013

SEPTEMBER 28 - DECEMBER 28 (WEDNESDAYS)
TIME: 6:45 - 7:45AM COST: \$275 (12 SESSIONS)

POWER SKATING AND SKILLS

Power Skating & Skills is an action-packed, high-level energy instructional 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 emphasises how the skills apply to game situations. Powerskating & Skills provides an excellent complement for those athletes playing hockey or ringette. Participants must wear full hockey/ringette equipment and a CSA approved helmet.

Register: www.beaumontskatingclub.com/registration/



Pivotpowerskating.ca

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