



**Regina Northwest Sports Association Inc.**  
**[www.rnwsa.ca](http://www.rnwsa.ca)**

RNWSA operates no-cut, equal participation sports programs in the West Zone. All registrants must have or agree to purchase a Community Association Membership available from your Community Association or the West Zone Board. (Family memberships are \$10 per year through the West Zone Board.)



## **LEARN TO PLAY HOCKEY**

**Child must know how to skate and be born in 2012-2014 to register.**

**Cost: \$260/18 Sessions (jersey and socks included)**

**Register online September 2018 - [www.rnwsa.ca](http://www.rnwsa.ca)**

Program runs 18 weeks from November 2018 – March 2019 on Sundays 1:15-2:15pm, 2:15-3:15pm and 3:15-4:15pm. Teaches the fundamentals of hockey. Full Hockey equipment required and **child must be able to skate - this is not a learn to skate program**. Classes include 1 hour of instruction (November-December) and ½ hour instruction plus ½ hour scrimmage (January-March). Registration fee includes Jersey. Coaches are required. Registrations may also be picked up/dropped off at the West Zone Board Office.

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## **POWER SKATING**

**Register online September 2018 - [www.rnwsa.ca](http://www.rnwsa.ca)**

Classes start late October.

•Level 1	Tuesday	6:00-6:40 (Initiation - 2011 & 2012)	\$280
•Level 1 ½	Tuesday	6:40-7:20 (Novice - 2009 & 2010)	\$280
•Level 2	Tuesday	7:20-8:15 (Atom - 2007 & 2008)	\$300
•Level 1 ½	Thursday	6:00-6:40 (Novice - 2009 & 2010)	\$280
•Level 2	Thursday	6:40-7:40 (Atom - 2007 & 2008)	\$300
•Level 3	Thursday	7:45-8:45 (Pee Wee - 2005 & 2006)	\$300

(Due to ice availability the times and cost might change.)

Classes are to strengthen your Hockey skills. Full hockey equipment required.

Power skating was designed to improve and master skating techniques for both hockey and ringette players. It is not a miracle program, like they say - what you put in, is what you get out, We cannot expect to take one power skating lesson and then become a superstar, it takes time, practice and dedication to become an excellent skater. Power skating is not only for straight line acceleration, but for all skating skill areas, backward skating, tight glide turns, forward and backward crossovers, are just a few areas we focus on. So the end result of power skating lessons with us, means a complete skater in all areas.

For further information visit [www.rnwsa.ca](http://www.rnwsa.ca) or contact the West Zone Board office, [wzb@sasktel.net](mailto:wzb@sasktel.net)/306-791-0226.