



Regina Northwest Sports Association Inc.
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.)

POWER SKATING

Register online September 2019 - www.rnwsa.ca

Classes start late October.

- Level 1 - Tuesday 6:00-6:40 (Initiation) Ages 5-6 (\$295)
- Level 1 1/2 - Tuesday 6:40-7:20 (Novice) Ages 7-8 (\$295)
- Level 2 - Tuesday 7:20-8:15 (Atom) Ages 9-10 (\$315)
- Level 1 1/2 - Thursday 6:00-6:40 (Novice) Ages 7-8 (\$295)
- Level 2 - Thursday 6:40-7:40 (Atom) Ages 9-10 (\$315)
- Level 3 - Thursday 7:45-8:45 (Pee Wee) Ages 11-12 (\$315)

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

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 or contact the West Zone Board office, wzb@sasktel.net/306-791-0226.