

Power skating.....What is it?

Skating is the most fundamental skill that is needed in order to play ice hockey. A player must be able to skate with and without the puck at all times while on the ice. However, not many people focus on just their skating, because of all the other exciting skills required to play the game of hockey well. By focusing on just your skating and improving on your skating skills you will find that your game will improve drastically and you will enjoy the sport that much more.

Power skating is not only for straight line acceleration, but for all skating skill areas. In a power skating course you will learn and improve upon hockey specific skating skills such as the forward stride, crossovers, tight turns, stopping, and backward skating through speed, endurance, balance and conditioning drills. The end result will mean a complete skater in all areas, which will directly enhance your play making and scoring abilities on ice.

Power skating sessions will run for a 10 week period

Adult Power Skating	Monday	9:00 – 10:00 PM	Starting	May 7
Youth Power Skating	Tuesday	6:00 – 6:30 PM	Starting	May 8
Intermediate Power Skating	Tuesday	7:30 – 8:00 PM	Starting	May 8

Registration will occur at the first session

Dunedin Ice Hockey Association Members

Adult \$50.00 for 10 sessions

Youth/Intermediate \$30.00 for 10 sessions

Non-members

To be decided

Thanks to the additional funding through the Ice Hockey Association the fees for the power skating are very reasonable.

Additional questions please text Jenel Bode at 027-553-7374