



SPRING POWERSKATE 2019 REGISTRATION FORM

Name of Skater _____
 Date of Birth _____ Gender: _____
 Address _____
 City _____ Postal Code _____
 Phone _____ email _____
 How did you hear of us? _____

Please Circle Your Choice

POWERSKATE - SATURDAY	
From April 6 – May 18	
Ages 5 - 6:	8:25am – 9:20am
Ages 7 - 8:	9:30am – 10:25am
Ages 9 & up:	10:35am – 11:30am

ADULT POWERSKATE - TUESDAY	
7:55pm – 9:15pm from March 26 to May 14	

FULL HOCKEY GEAR IS REQUIRED FOR THESE PROGRAMS, INCLUDING A CSA APPROVED HOCKEY HELMET.

I, the undersigned understand that the South Windsor Skating Club, its coaches, Board Members and designates are not responsible for injuries incurred while the above member is participating in any club activity.

I give the SWSC permission to photograph/video me (or the minor I am authorized to sign on behalf of) while participating in one of SWSC programs for promotional or educational purposes:

Signature: _____

Registration Fee	\$ _____
Skate Canada Fee (if applicable)	\$ _____
Less Family Discount	\$ _____
TOTAL	\$ _____

C/C Auth # _____	Receipt # _____
Cash \$ _____	Cheque # _____ \$ _____

Please make Cheques payable to: S.W.S.C.



SPRING - POWERSKATE

- Saturday -

7 weeks - \$190
(plus Skate Canada fee of \$35.65 if applicable)

From April 6 – May 18

- Ages 5 - 6: 8:25am – 9:20am
- Ages 7 - 8: 9:30am – 10:25am
- Ages 9 & up: 10:35am – 11:30am

ADULT POWERSKATE & HOCKEY SKILLS

8 weeks - \$285
(plus Skate Canada fee of \$35.65 if applicable)

From March 26 to May 14

Tuesday: 7:55pm - 9:15pm

** 20% discount for parents of skater enrolled in a program **

Full hockey gear is required for these programs including a current CSA approved hockey helmet

Welcome

The South Windsor Skating Club is offering Spring PowerSkating Programs at Capri Pizzeria Recreation Complex. The objective of the program is to train the skater in the proper technique to develop maximum speed, balance, and agility. The exercises are designed to teach the skating skills that are required for all of the situations that occur in the game of hockey.

These drills will help to make a complete skater and player by:

DEVELOPING AND IMPROVING

- | | |
|-------------------|------------------------------------|
| - Balance | - Edge Quality |
| - Power | - Stopping |
| - Agility | - Quick Starts |
| - Speed | - Tight Turns |
| - Endurance | - Power Turns |
| | - Cross – Overs (Forward and Back) |

For more information:

Visit our WEBSITE
www.swskatingclub.ca

CALL:

Dan Pettypiece - 519-965-5447

Or

David Beatty - 519-255-9063

EMAIL

southwindsorinfo@gmail.com



SOUTH WINDSOR SKATING CLUB

2019

SPRING POWERSKATE PROGRAM

By: David Beatty & Dan Pettypiece

Capri Pizzeria Recreation Complex
2555 Pulford, Windsor ON



REGISTRATION DATES

Tuesday, Feb. 26th from 5pm to 8pm

Thursday, Feb. 28th from 5pm to 8pm

Please check our website for additional dates/times

Capri Pizzeria Recreation Complex
(Formerly South Windsor Arena)