

PLEASE REGISTER ON SCHEDULED REGISTRATION DATE TO ENSURE AVAILABILITY OF PREFERRED DAYS.

Name of Skater \_\_\_\_\_ M / F  
 Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Postal Code \_\_\_\_\_  
 Phone \_\_\_\_\_ email \_\_\_\_\_  
 Home Club \_\_\_\_\_ Skate Canada # \_\_\_\_\_  
 How did you hear about us? \_\_\_\_\_

Please Circle Your Choice

**POWERSKATE**

**OCT - DEC**

**JAN - MAR**

5 – 7yrs:      Tues | Thur

5 – 7yrs :      Tues | Thur

8 & up:        Tues | Thur

8 & up:        Tues | Thur

**ADULT POWERSKATE**

**OCT - DEC**

**JAN - MAR**

**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	\$ _____
Less Family Discount	\$ _____
<b>TOTAL</b>	<b>\$ _____</b>

Cash      \$ _____	Balance Owing _____
Cheque    \$        # _____	\$        #        \$        # _____

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

**POWERSKATE**

\$295 for 10 weeks or \$545 for 20 weeks (1 day/wk)

<b>5 yrs – 7yrs</b>	<b>8yrs &amp; up</b>
<b>Tuesday: 6:00 pm - 6:55 pm</b> Oct 2 - Dec 4   Jan 8 – Mar 19  OR  <b>Thursday: 6:05 pm - 7:00 pm</b> Oct 4 - Dec 6   Jan 10 – Mar 21	<b>Tuesday: 7:05 pm - 8:00 pm</b> Oct 2 - Dec 4   Jan 8 – Mar 19  OR  <b>Thursday: 7:10 pm - 8:05 pm</b> Oct 4 - Dec 6   Jan 10 - Mar 21

**NO SESSIONS DURING MARCH BREAK**

**ADULT POWERSKATE & HOCKEY SKILLS**

\$360 for 10 weeks | \$655 for 20 week  
*20% discount for parents of skater enrolled in a program*

Oct 2 – Dec 4    and/or    Jan 8 - Mar 19

**Tuesday: 8:10 pm - 9:15 pm**

**NO SESSIONS DURING MARCH BREAK**

Please see website for a full list of SWSC no ice days

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

## Welcome

The South Windsor Skating Club is offering Fall/Winter 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) |



## SOUTH WINDSOR SKATING CLUB

2018/2019

### Fall/Winter POWERSKATE PROGRAM

By: David Beatty & Dan Pettypiece

Capri Pizzeria Recreation Complex  
2555 Pulford, Windsor ON



For more information visit our website [www.swskatingclub.ca](http://www.swskatingclub.ca)  
call Dan 519-965-5447 or David 519-255-9063  
email to [southwindsorscinfo@gmail.com](mailto:southwindsorscinfo@gmail.com)

### SKATE ONTARIO PROMOTIONAL CONTEST

In an effort to help keep registration costs down, we are again selling Skate Ontario Promotional tickets as a fundraiser. Tickets are \$2 each, with a full book valued at \$40. \$22/book is redirected back to our club and Skate Ontario receives \$18/book.

The random draw from eligible entries will take place at the 2019 Skate Ontario STARSkate Provincial Championship on Saturday March 9, 2019 at 12pm ET

- (1) **First Prize:** 2019 Ford Mustang (est. value \$35,000)
- (2) **Second Prize:** \$5000 Best Buy Gift Card
- (3) **Third Prize:** \$3,500 Travel Certificate (Air Canada)
- (4) **Fourth Prizes:** 5 prizes of an Apple MacBook Air 13"
- (5) **Fifth Prizes:** 5 prizes of an Apple iPad



PLEASE SUPPORT US BY PURCHASING A BOOKLET or TICKET.

### REGISTRATION DATES

Tues. Dec. 4 and Thurs. Dec. 6 from 6 – 7:30 pm

Capri Pizzeria Recreation Complex  
(formerly South Windsor Arena)