

Caledon Centennial Skating Club 2009-2010 Powerskating Descriptions

Fall Season – October 6 to December 17

Winter Season – January 5 to March 25

Full Season – October 6 to March 25

	Session Description	Dates & Times	Program	1 Day	2 Day
Pre Power	<ul style="list-style-type: none"> • Introductory program geared for skaters 4-6 years old • Focus is on proper body position and basic balance principles • Teaching basic skating skills of forward and backward skating, stopping, turning & agility • Full hockey equipment must be worn • Not a learn to skate program or a hockey school 	Tuesday (Inglewood) 5:00 – 5:50	Fall Winter Full	250 250 380	-- -- --
Jr. Power	<ul style="list-style-type: none"> • Skaters must have passed CanSkate Stage 4 • Program is designed to improve skating skills for hockey players and recreational skaters • Full hockey equipment must be worn • Focus on increasing speed in forward & backward skating, efficient stops, pivots, turns & transitions • Not a learn to skate program or a hockey school 	Wednesday (Inglewood) 5:10 – 6:00 Wednesday (Inglewood) 6:10 – 7:00 Thursday (Caledon East) 7:10 – 8:00	Fall Winter Full	250 250 380	425 425 645
Sr. Power	<ul style="list-style-type: none"> • Skaters must have passed CanPower Level 1 test • Program is designed to improve skating skills for hockey players and recreational skaters • Full hockey equipment must be worn • Focus on increasing speed in forward and backward skating, efficient stops, pivots, turns & transitions • Not a learn to skate program or a hockey school 	Wednesday (Inglewood) 5:10 – 6:00 Wednesday (Inglewood) 6:10 – 7:00 Thursday (Caledon East) 7:10 – 8:00	Fall Winter Full	250 250 380	425 425 645

No Skating Days:

Thanksgiving -- Sunday, October 11, 2009

Christmas Break -- December 21, 2009 – January 4, 2010

March Break -- March 14-19, 2010