

## PUCKS & POWER APRIL.MAY 2022

Power Plus Hockey Skating proudly presents the Pucks & Power 2022 Program. Pucks & Power is a weekly program that offers a dynamic skill development opportunity for young athletes including:

- Unique combination of Power Skating & Hockey Skill Instruction
- Development of Essential Skills Including Passing, Puck Control, Shooting & Stickhandling
- Additional Focus on Perfecting Player's Skating Technique
- Weekly Sessions Designed to Provide Continuity in Skill Development

### ~~U9 (2013-14) - Monday's 4:30-5:15pm FULL~~

#### **U9 (2013-14) - Monday's 3:45-4:30pm**

LOCATION: April 11, 18, 25 - Bonnetts Energy  
May 2 - Coca Cola Centre

*April 11, 18, 25 May 2*

### ~~U11 (2011-12) - Wednesday's 4:30-5:15pm FULL~~

#### **U11 (2011-12) - Wednesday's 3:45-4:30pm**

LOCATION: April 13, 20, 27 - Bonnetts Energy  
May 4 - Coca Cola Centre

*April 13, 20, 27 May 4*



*Cost: \$180 (includes GST)*

#### **U13 (2009-10) - Thursday's 4:15-5pm**

LOCATION: Coca Cola Centre

*April 14, 21, 28 May 5*

**REGISTER ONLINE [WWW.POWERPLUSHOCKEYSKATING.COM](http://WWW.POWERPLUSHOCKEYSKATING.COM)**



**TANYA CHOMYC**  
CONDITIONING, POWER SKATING & SKILLS



**MATT CHOMYC**  
CONDITIONING, POWER SKATING & SKILLS

BONNETTS ENERGY CENTRE - 10017 99 AVE GP, COCA COLA CENTRE - #6 KNOWLEDGE WAY GP  
FOR MORE DETAILS, SCHEDULING & INFO ON OUR COACHES, VISIT [POWERPLUSHOCKEYSKATING.COM](http://POWERPLUSHOCKEYSKATING.COM)