

# POWER PLUS HOCKEY

## PUCKS & POWER 2023

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

**COST: \$265 + GST**

**U7 (2016-17)**

**FRIDAYS, 4:30-5:15PM**

**JANUARY 13, 20, 27 & FEBRUARY 3, 10, 17**

LOCATION: County Sportsplex

**U9 (2014-15)**

**THURSDAYS, 4:00-4:45PM**

**JANUARY 12, 19, 26 & FEBRUARY 2, 9, 16**

LOCATION: Dave Barr Arena

**U11 (2012-13)**

**MONDAYS, 4:00-4:45PM**

**JANUARY 9, 16, 23, 30 & FEBRUARY 6, 13**

LOCATION: Coca Cola Centre

**U13, U15 (2008-11)**

**WEDNESDAYS, 4:00-4:45PM**

**JANUARY 11, 18, 25 & FEBRUARY 1, 8, 15**

LOCATION: Dave Barr Arena

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



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



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

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