



Saturday 4:15-5:00

October 9, 16, 23,30

November 6,13,23,27

December 4 &11

10 Weeks

**Jimmie Condon Arena**

**Appropriate for Initiation  
to Atom level players**

**Saturday 4:15-5:00 pm**

Program Fee \$125.00 inc GST

Membership fee \$30.65

Membership fees payable once a year and valid from August to August

**Total \$155.65**

Payable by cheque to

Calalta FSC

502 Heritage Drive SW

Calgary, AB T2V 2W2

[www.calalta.net](http://www.calalta.net)

Phone: (403) 276-9598

E-mail address  
[Jl.jackson@shaw.ca](mailto:Jl.jackson@shaw.ca)

# J.L. Jackson PowerSkating

*A Skate Canada Program*

## Increasing agility, quickness and power to Improve your game

- A fusion of skill, drill and cardio to maximize the skating abilities of players in Initiation and Novice level Hockey
- Jaime-Lyn Jackson is a certified NCCP coach and a trained Power Skating coach
- Explosive acceleration, proper use of edges, improved lateral movement, increased balance, and precise stopping
- Full equipment is required. Parachutes and resistance harnesses will be used throughout the program

Name\_\_\_\_\_

Address\_\_\_\_\_

Year of birth\_\_\_\_\_ Hockey Level this season\_\_\_\_\_

Alberta Health Care Number\_\_\_\_\_

Email address\_\_\_\_\_

Phone number\_\_\_\_\_

Emergency contact and number\_\_\_\_\_

Parent(s) names\_\_\_\_\_

Tax receipts will be provided. Payment by cheque only