



Wednesday 4:15-5:15

October 6, 13, 20, 27

November 3, 10, 17, 24

December 1 & 8

10 weeks

Rose Kohn Arena

**Appropriate for Novice
and Atom level players**

Wednesday 4:15-5:15 pm

Program Fee \$157.50 inc GST

Membership fee \$30.65

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

Total \$188.15

Payable by cheque to

Calalta FSC

502 Heritage Drive SW

Calgary, AB T2V 2W2

www.calalta.net

Phone: (403) 276-9598

E-mail address
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 to Atom 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
- Includes 45 min power skating instruction and 15 minutes of shinny

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