



Glenwood Arena
27 Overton Street—Off St. Mary's Rd

MELODY AUBIN
Telephone: 204-489-4396
strictlypower@shaw.ca

October 4th—November 29th
2018

30 MINUTE BASIC POWER

Must have forward & backward crosscuts.
Introduction to one foot stops & chopovers.
Must have completed 30 minute Basic Power

MUST BE AGE 9 & UP

9 sessions—1/2 hour each
\$145.00 + \$7.25 GST = \$152.25

ONE HOUR ADVANCED POWER

Introduction to forward & backward Mohawk turns,
T-stops & back defensive moves.
Must have completed Advanced Power

MUST BE AGE 11 & UP—NO EXCEPTIONS.

9 sessions—1 hour each
\$240.00 + \$12.00 GST = \$252.00

SCHEDULE

	Basic Power		1 Hour Advanced	
Thursday—October 4	5:50PM	6:20PM	5:50PM	6:50PM
Thursday—October 11	5:50PM	6:20PM	5:50PM	6:50PM
Thursday—October 18	5:50PM	6:20PM	5:50PM	6:50PM
Thursday—October 25	5:50PM	6:20PM	5:50PM	6:50PM
Thursday—November 1	5:50PM	6:20PM	5:50PM	6:50PM
Thursday—November 8	5:50PM	6:20PM	5:50PM	6:50PM
Thursday—November 15	5:50PM	6:20PM	5:50PM	6:50PM
Thursday—November 22	5:50PM	6:20PM	5:50PM	6:50PM
Thursday—November 29	5:50PM	6:20PM	5:50PM	6:50PM

RULES

All skaters should be at the arena 20 minutes prior to start time in order to get ready.

Ice is not transferable.

Disruptive behavior such as foul language, teasing or belittling of other skaters will not be tolerated. Skaters will be removed from the ice without a refund.

G.T.

APPLICATION FORM

Name: _____
 Parent's Name: _____
 Address: _____
 City: _____ Postal Code: _____
 Res. Phone: _____ Work Phone: _____
 Age: _____ Level: _____
 Email Address: _____
 Program Requested: _____

Cheques to made payable to:

STRICTLY POWER

566 Queenston Street

Winnipeg, MB R3N 0X3

Skaters will only be registered once the application form and payment have been received.

30 Minute Basic Power— \$145.00 + \$7.25 GST = \$152.50

One Hour Advanced Power—\$240.00 + \$12.00 GST = \$252.00

NO REFUNDS

LIMITED SPACE AVAILABLE.

NSF CHEQUES—\$25.00 CHARGE

The applicant, his/her parents or guardians agree that STRICTLY POWER, its directors, instructors and employees are not liable nor will be responsible for any accidents or loss, and agree to release same from all claims and/or damages. We agree that the applicant is in good health and has no medical problems. We further agree that the applicant will wear a proper fitting CSA approved helmet.

Amount enclosed: _____ Signature of Parent/Guardian: _____ Date: _____