



Winnipeg Winter Club
 200 River Avenue

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

September 29th—November 24th
2018

PROGRAMS AVAILABLE

<p>PRE-BEGINNER</p> <p>For children who are new to skating</p> <p>AGES 5 & UP 9 sessions—1/2 hour each \$145.00 + \$7.25 GST = \$152.25</p>	<p>ADVANCED BEGINNER</p> <p>Must skate forward on their own.</p> <p>AGES 6 & UP 9 sessions—1/2 hour each \$145.00 + \$7.25 GST = \$152.25</p>	<p>INTRO POWER</p> <p>Working on forward & backward crosscuts, hockey stops & sculling.</p> <p>AGES 7 & 8 9 sessions—1/2 hour each \$145.00 + \$7.25 GST = \$152.25</p>
<p>BASIC POWER</p> <p>Must have forward & backward crosscuts. Introduction to one foot stops & chopovers.</p> <p>AGES 9 & 10 9 sessions—1/2 hour each \$145.00 + \$7.25 GST = \$152.25</p>	<p>ADVANCED POWER</p> <p>Introduction to outside stops, One foot slalom, double brackets & pivots.</p> <p>MUST BE AGE 11 9 sessions—1/2 hour each \$145.00 + \$7.25 GST = \$152.25</p>	<p>HOCKEY PLUS</p> <p>1/2 hour shooting, puck control & passing. 1/2 hour power skating.</p> <p>MUST BE AGE 7 & UP 9 sessions—1 hour each \$240.00 + \$12.00 GST = \$252.00</p>
<p>ONE HOUR ADVANCED POWER</p> <p>NOT AVAILABLE</p> <p>\$240.00 + \$12.00 GST = \$252.00</p>		<p>DYNAMIC POWER</p> <p>NOT AVAILABLE</p> <p>\$240.00 + \$12.00 GST = \$252.00</p>

PLEASE NOTE:

Skaters will be assessed on the first day of skating and if needed, will be moved to the appropriate class. Skaters registering in DYNAMIC POWER must be able to perform ALL elements at quick speed. NO EXCEPTIONS

RULES

PARENTS: Please be realistic about the program you request for your child. Coaches will assess skaters on the first day of skating and move skaters accordingly. If a skaters is moved into an another time bracket that does not fit your schedule, this will not constitute grounds for a refund or credit for upcoming programs.

Skaters enrolling in Intro Power and higher require full equipment—no stick. Dynamic Power—Full equipment + stick, puck or ring.

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

Ice is not transferable.

Parents are not allowed in the player or penalty boxes during class time.

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.

Team instruction is also available throughout the year.

OUR COACHES

Our coaches are all professionally trained and LEVEL1 certified in their field. All of them possess a wealth of information and experience.

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.

NO REFUNDS
NO MAKE-UP OR PRO RATING ALLOWED.
LIMITED SPACE AVAILABLE.
NSF CHEQUES—\$25.00 CHARGE

TESTIMONIALS

I wanted to send you a quick email to thank you for all your work with Nick. He played A1 last year and was successful at AA tryouts this year. During the interview, one of the skills that the coaches praised Nick for was his strong skating. The biggest skating influence Nick has had, bar none, has been Strictly Power. Your program has given him both the skills and more importantly, the confidence to believe that he can skate at the same level as the top skaters at his age.

James Angus

Our boys have been skating with Melody since they were 4 years old and they are now 7 & 11. To see them skate today is amazing. I feel that with Melody, our boys have been exposed to proper coaching on a consistent basis and in the long run have benefited from this. For instance, it is noticeable during their hockey games, how quickly they can change direction with minimum effort. This is the result of regular practice using proper technique.

Jorge Esteves

The key to hockey is skating. Every tryout your child will ever attend will focus on proper skating technique and power. A one week program, no matter how good it is, does not provide the long term benefits needed to correct bad habits and prevent them from returning. Melody's program provides the detailed instruction needed to make dramatic improvements. No matter what level your child is at, from beginner to AAA player, he or she will make substantial improvements.

Jamie Kagan

Strictly Power has taught our daughter that there are no shortcuts in learning how to become a great skater. Melody insists on doing the drills properly over and over again until they become natural. Our daughter has progressed from a "B" player to a "AA" player thanks to Strictly Power. We love her approach and her program.

Bert & Liz Meakin

SCHEDULE

WINNIPEG WINTER CLUB	Pre-Beginner Advanced Beginner Intro Power	Basic Power	Advanced Power	Hockey Plus	1 Hour Advanced Dynamic Power
Saturday September 29	5:00pm 5:30pm	5:30pm 6:00pm	5:30pm 6:00pm	5:00pm 6:00pm	
Saturday October 6	5:00pm 5:30pm	5:30pm 6:00pm	5:30pm 6:00pm	5:00pm 6:00pm	
Saturday October 13	5:00pm 5:30pm	5:30pm 6:00pm	5:30pm 6:00pm	5:00pm 6:00pm	
Saturday October 20	5:00pm 5:30pm	5:30pm 6:00pm	5:30pm 6:00pm	5:00pm 6:00pm	
Saturday October 27	5:00pm 5:30pm	5:30pm 6:00pm	5:30pm 6:00pm	5:00pm 6:00pm	
Saturday November 3	5:00pm 5:30pm	5:30pm 6:00pm	5:30pm 6:00pm	5:00pm 6:00pm	
Saturday November 10	5:00pm 5:30pm	5:30pm 6:00pm	5:30pm 6:00pm	5:00pm 6:00pm	
Saturday November 17	5:00pm 5:30pm	5:30pm 6:00pm	5:30pm 6:00pm	5:00pm 6:00pm	
Saturday November 24	5:00pm 5:30pm	5:30pm 6:00pm	5:30pm 6:00pm	5:00pm 6:00pm	

PLEASE NOTE:

Skaters will be assessed on the first day of skating and will be moved to the appropriate class.

This assessment is not based on who their friends are or what hockey team they skate on but rather what their needs are.

WWC

APPLICATION FORM

Name: _____

Parent's Name: _____

Address: _____

City: _____ Postal Code: _____

Res. Phone: _____ Work Phone: _____

Age: _____ Level: _____

Email Address: _____

Program Requested: _____

**DEADLINE DATE:
September 10, 2018**

PROGRAM	PRICE	GST	TOTAL
Pre-Beginner	145.00	7.25	152.25
Advanced Beginner	145.00	7.25	152.25
Intro Power	145.00	7.25	152.25
Basic Power	145.00	7.25	152.25
Advanced Power	145.00	7.25	152.25
One Hour Advanced Dynamic Power			
Hockey Plus	240.00	12.00	252.00
Casual Drop In	30.00	1.50	31.50
Must Phone Ahead.			

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: _____