

# POWERWEST ATHLETICS FALL SKATING SCHOOL 2023

PWA programs practice proper skating technique including: stride development, agility, speed, balance, quickness and readiness all through the proper use of edges.

I am in year 37 of coaching and take great pride in teaching hockey players how to reach their potential!

## SKATE WELL...SCORE MORE!

Mena Westhaver, BSc, MSc, NCCP II, BCRPA TFL

[skatewithmena@telus.net](mailto:skatewithmena@telus.net) 250-415-5983

**How to register:** For programs at JDF or the Q Centre arenas please call 250-478-8384 (press zero) OR online at [Registered Programs & Camps - Westshore \(wspr.ca\)](http://Registered Programs & Camps - Westshore (wspr.ca)) OR visit JDF Reception staff. Your registration code is the 5 digit number shown by the program. For programs held at Pearkes (Pks) – please send Mena an email with child’s information to book. Late registrations are pro-rated for the remaining number of sessions. Thank you!

**MINI HOCKEY (4-6yrs)** We combine a mini skating lesson, a mini hockey practice and end with a mini hockey game. Based on fun, the learning happens along with many friendships! Jersey and water bottle included in registration fee.

Fri @ Q	3:30-4:20pm	Sept 15-Oct 27	11481	7/\$199.50
Fri @ Q	3:30-4:20pm	Nov 3-Dec 15 (no class Nov 10)	11482	6/\$171

**EDGE CLASSES for ALL AGES (6yrs+)** Taught in a unique format so EVERYONE is moving at all times and challenged at their own level. Edge classes follow the “old school figure skating model” covering all edges forwards, backwards, transitions, accelerations, decelerations with an emphasis on balance, control, power & strength and we save a few minutes for pucks!

Fri @ JDF	7:30-8:15am	Sept 15-Oct 27	11477	7/\$231
Fri @ JDF	7:30-8:15am	Nov 3-Dec 15	11478	7/\$231

\*at the Q Cente on Oct 20 & Nov 24

**EDGE & PUCK for ALL AGES (6yrs+)** This class is a favorite ~ a taste of everything! We all begin with a miniature edge class. Then we divide the ice surface into station: skating skills (more edge work) with Mena while PWA Coaches will work on hockey skills including shooting. Depending on what the requests are of the group.

Wed @ Pks	7-7:45am	Sept 13-Dec 13	*register with Mena	14/\$462
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**AFTER SCHOOL SEMI-PRIVATE LESSONS (7-11yrs)** A little more attention with a 4:1 ratio max. Students join in a full ice skating warm-up and then break into their stations: skating skills, hockey skills, combining both and a scrimmage.

Fri @ Q	3:30-4:20pm	Sept 15-Oct 27	11485	7/\$336
Fri @ Q	3:30-4:20pm	Nov 3-Dec 15 (no class Nov 10)	11486	6/\$288

\* Meet a few Novice stars and a crew of awesome people, PWA Coaches☺



Photo credit: Kalyan Studios

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**AFTER SCHOOL POWER SKATING (7-12yrs)** Compliment your hockey practices with a skating practice to improve your game! Edge work, transitions, speed, power, agility, balance – we will cover it all so you can reach your potential on the ice! This extended ice time includes free puck time!

Wed @ Q	3:30-4:20pm	Sept 13-Oct 25	11845	7/\$220.50
Wed @ Q	3:30-4:20pm	Nov 1-Dec 13	11907	7/\$220.50

**PRO-D DAY SEMI-PRIVATE LESSONS (4-15yrs)** Taught in semi-private lesson format 1:4 ratio max. Kids will rotate through skating skills and hockey skills.

Fri @ Q	8:15-9am	Oct 20	11487	\$48
Fri @ Q	8:15-9am	Nov 24	11488	\$48

**PRO-D DAY ONE-TIMER GROUP SESSION (6-12yrs)** We begin with a group warm-up skate, then divide the kids up into like ages/abilities for skating/edge work, hockey skills & scrimmage.

Fri @ Q	9-10:20am	Oct 20	11483	\$37
Fri @ Q	9-10:20am	Nov 24	11484	\$37

## PRIVATE & SEMI-PRIVATE LESSONS AVAILABLE FOR ALL AGES

For skating & hockey skills.

**Semi-Private Lessons** are based on a 1:3 ratio: \$62.50/30 mins

**Private Lessons:** \$62.50/15mins, \$125/30mins, \$250/60mins. Additional time is allotted for puck time and practice. Available ice times are: Wed @ 7:45am and Fri @ 8:15am  
Please contact Mena directly at [skatewithmena@telus.net](mailto:skatewithmena@telus.net) or 250-415-5983.

## HOCKEY HOLIDAY CAMPS @ the Q CENTRE

My annual Holiday Hockey camps will be held Jan 2-5, 2024.

Programs will be held for all ages, details to come.

## WANT TO DROP-IN?

Limited spaces are available to drop-in to some programs. Contact me for programs at Pearkes or check online for drop-in registration. Thank you!

I am proud of all my students. I met Matt at age 6. Matt plays in the NHL and continues to work hard on his skating. He shares the joy of the rink with his son Beckem who is sporting the PWA merch☺.



## For HOCKEY MOMS & SISTERS – have you heard of Sole Sisters?

I have worked with women in physical activity programs since my late teens. I love empowering others to believe that they CAN! If you are looking to increase your physical strength, your aerobic conditioning and want to do it surrounded by like minded people, email me, text me, call me – let's chat! My program away from the rink is Sole Sisters Victoria.  
Thank you!