

Rates and Fees

Effective January 1st, 2024

Private On Ice lessons:

25 minutes - \$125

40 minutes - \$200

50 minutes - \$250

This covers both the instructor and the ice fees. If you purchase the ice at a location where I am the guest, my individual coaching hourly rate is \$175/hr for a private lesson with one skater.

Semi-private lessons:

30 minutes - \$75 for 2 skaters, \$62.50 for 3 skaters, \$50 for 4 skaters

45 minutes - \$95 for 2 skaters, \$75 for 3 skaters, \$62.50 for 4 skaters

60 minutes - \$125 for 2 skaters, \$99 for 3 skaters, \$75 for 4 skaters

This covers both the instructor and the ice. I try to combine lesson times with additional ice time so participants have time to practice and shoot the puck around.

Group lessons offered through PowerWest Athletics:

Program cost varies depending on the season, maximum number of participants permitted in the class and the length of the class. Registration fees vary from \$25-\$45/50 minute ice slot per skater.

Team practices and Association Development Sessions:

\$200 - \$275 (plus GST) per practice. Rates dependent on length of practice, location and if additional PWA coaches are required. Additional travel costs may apply.

Coaching Clinics:

\$500 – Includes one off-ice session (30-45 minutes) and one on-ice session 1-2 hours in length. These clinics are designed to assist hockey coaches of all levels of minor hockey associations providing basic tips on “how to teach skating” and “how to implement skating drills into a hockey practice”. Practice plan efficiency, format and fun will also be covered. My “learn to skate” documents will be shared with all participants.

Please contact me directly to book any of the above skating services or for questions. Thank you, I look forward to seeing at the rink!

Sincerely,

Mena Westhaver

Professional Skating Coach

B.Sc. Psych, M.Sc. Exercise Kines, NCCP II, BCRPA Fitness Trainer

Creator, Owner and Head Coach PowerWest Athletics

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For more information contact Mena directly at skatewithmena@telus.net or 250-415-5983 ☺

***PowerWest Athletics provides technical skating skill instruction and hockey skill development for hockey players in a motivating, disciplined, safe and fun environment.
"Skate well... Score more!"***