

# On ice with POWERWEST ATHLETICS Jan-March 2024

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://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 Jan 12-Mar 15 no class Jan 19 13567 9/\$256.50

**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 Jan 12-Mar 15 no class Jan 19 13566 9/\$297

**EDGE & PUCK for ALL AGES (6yrs+)** This class is a favorite ~ a taste of everything! 5 minute puck drop & warm-up, 30 minute edge class, 5 minute hockey drill, 5 minute game! Those wanting to skate the whole time remain with Mena at centre ice for more edge work!

Wed @ Pks 7-7:45am Jan 10-Mar 13 \*register with Mena 10/\$330

**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 Jan 12-Mar 15 no class Jan 19 13565 9/\$432

**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 Jan 10-Mar 13 13568 10/\$315

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



Photo credit: Kalyan Studios

# POWERWEST ATHLETICS Jan-March 2024

## PRO-D DAY SEMI-PRIVATE LESSONS (4-15yrs)

These follow our semi-private lesson format.

Fri @ Q	8:15-9am	Feb 16	13570	\$48
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## 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	Feb 16	13569	\$37
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## SPRING BREAK-AWAY CAMPS

March 18-22, 2024 – 2 ice sessions – one specialized skating skills session and one hockey skills/game focused, off ice activities and specialized dryland training for the older group.

5-7yrs	8am-1pm	13572	\$450
8-10yrs	8am-1pm	13573	\$450
11-14yrs	11am-3pm	13574	\$450
All ages	11-11:50am	13575	\$199

## WANT TO DROP-IN?

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

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

For skating & hockey skills. Currently available Wednesdays 7:45-8:30am and Fridays 8:15-9am.

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

**Private Lessons:** \$62.50/15mins, \$125/30mins, \$250/60mins. Please contact Mena directly at [skatewithmena@telus.net](mailto:skatewithmena@telus.net) or 250-415-5983.

## For HOCKEY MOMS & 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, Sole Sisters Victoria is for you! I currently run strength and conditioning classes Tuesdays at 5pm and 6pm, Thursdays at 5:30pm and Saturdays at 8am. January will also see the return of Sole Sisters walk/run clinics on Wednesdays at 5pm and Fridays at 9:30am. . Email me, text me, call me – let's chat! 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☺. Matt still takes edge classes!