






# PowerWest Athletics On Ice

## December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>The PowerWest Athletics offers professional skating instruction, hockey skills and character building for hockey players!</b></p>	<p>1 6:45am U11 Surge 8:30am THA</p>	<p>2 8:15am THA</p> <p>8:15pm U15 Reign Spin &amp; Stretch at PWA</p>	<p>3 7am Edge Class at Pks 7:45am Privates at Pks</p> <p>3:30pm After School power skating at the Q</p>	<p>4</p> <p>3:45pm Heros Hockey at Pks</p>	<p>5 7:30am Edge Class at JDF 7:50am privates at JDF 3pm privates at the Q 3:30pm semi-private @Q 3:30pm mini hockey @Q</p>	<p>6 No ICE BUT consider joining us at 10:45am <b>Spin to Win for women's transition house</b></p> 
<p>7 No ice</p>	<p>8 6:45am U11 Surge 8:30am THA</p>	<p>9</p> <p>8:15pm U15 Reign Spin &amp; Stretch at PWA</p>	<p>10 7am Edge Class at Pks 7:45am Privates at Pks 8:45am THA</p> <p>3:30pm After School power skating at the Q</p>	<p>11</p> <p>3:45pm Heros Hockey at Pks</p>	<p>12</p> <p>3pm privates at the Q 3:30pm semi-private @Q 3:30pm mini hockey @Q</p>	<p>13 No ICE BUT consider joining us at 10:45am <b>YOGA for our Tour de Clause supporting kids!</b></p> 
<p>14 No ice</p>	<p>15</p>	<p>16 8:15am THA</p> <p>8:15pm U15 Reign Spin &amp; Stretch at PWA</p>	<p>17 7am Edge Class at Pks 7:45am Privates at Pks</p> <p>3:30pm After School power skating at the Q</p>	<p>18</p> <p>3:45pm Heros Hockey at Pks</p>	<p>19 7:30am Edge Class at JDF 7:50am privates at JDF 3pm privates at the Q 3:30pm semi-private @Q 3:30pm mini hockey @Q</p>	<p>20 No Ice</p>
<p>21 No Ice</p>	<p>22 7:30-8:30am Privates <b>8:30am-noon Holiday Hockey Camp for 5-12yrs</b> 9:30am Edge Class</p>	<p>23 7:30-8:30am Privates <b>8:30am-noon Holiday Hockey Camp for 5-12yrs</b> 9:30am Edge Class</p>	<p>24 <b>Westhaver annual friends &amp; family skate. Pls ask me!</b> Don't forget to make cookies for Santa! I "hear" he likes peanut butter chip 🍪!</p>	<p>25</p>  <p><i>Merry Christmas</i></p>	<p>26 <b>PWA is CLOSED Both on and off the ice</b>  <b>BOXerfit at Home for BOXING Day</b></p>	<p>27 PWA Studio is OPEN BUT NO ICE</p>
<p>28 No ice</p>	<p>29 9:30am Edge Class 10:30-11:30am Privates</p>	<p>30 9:30am Edge Class 10:30-11:50am Privates</p>	<p>31 No Ice, but we do have 10:30am - Last Chance to raise your heart rate in 2025 Spin Class!</p>	<p><i>The PowerWest Athletics (PWA) Studio offers CO-ED and women's ONLY options, personal &amp; group training. <a href="#">Click here to Register</a> for skating opportunities and scroll DOWN under the skating programs to see what's going on in the PWA Fitness Studio. Welcome to the PWA Community! We are committed to making Community a Better Place. Join us ~ you will see what I mean. <a href="mailto:mena@telus.net">mena@telus.net</a> 250-415-5983</i></p> 