



PowerWest Athletics On Ice

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Scan our QR Code for our schedule and to register. You will see under our ON ICE program options, we also have a variety of gym/studio programs including strength, spin, yoga, pilates, kickboxing and TEAM PRACTICES where you can tailor your own workout and find times that work for you. COED, Women' ONLY programs, Personal Training – please ask! skatewithmena@telus.net 250-415-5983. "Committed to making community a better place".</p>				<p>1</p> <p>Happy New Year! Wishing you good health, great happiness and a whole lot of push-ups!</p>	<p>2</p> <p>No Ice</p>	<p>3</p> <p>No Ice</p>
<p>4</p> <p>No Ice</p>	<p>5</p> <p>No Ice</p>	<p>6</p> <p>No Ice</p>	<p>7</p> <p>7-7:45am Edge & Puck 7:45-8:30am Privates 8:45am THA Dev 2 Above all at Pearkes 3:30-4:20pm 7-12yrs skating & hockey w/ Marty @ the Q Centre</p>	<p>8</p> <p>3:45pm at Pearkes Heros Hockey</p>	<p>9</p> <p>7:30-8:15am Edge at JDF 7:50am – privates start 3pm Privates at the Q 3:30 Mini Hockey 3:30 semi-private lessons 7-12 yrs</p>	<p>10</p> <p>No Ice</p>
<p>11</p> <p>No Ice</p>	<p>12</p> <p>No Ice</p>	<p>13</p> <p>No Ice</p>	<p>14</p> <p>7-7:45am Edge & Puck 7:45-8:30am Privates Above all at Pearkes 3:30-4:20pm 7-12yrs skating & hockey w/ Marty @ the Q Centre</p>	<p>15</p> <p>3:45pm at Pearkes Heros Hockey</p>	<p>16</p> <p>7:30-8:15am Edge at JDF 7:50am – privates start</p> <p>No afternoon ice due to tournaments</p>	<p>17</p> <p>No Ice</p>
<p>18</p> <p>No Ice</p>	<p>19</p> <p>No Ice</p>	<p>20</p> <p>No Ice</p>	<p>21</p> <p>7-7:45am Edge & Puck 7:45-8:30am Privates Above all at Pearkes 3:30-4:20pm 7-12yrs skating & hockey w/ Marty @ the Q Centre</p>	<p>22</p> <p>3:45pm at Pearkes Heros Hockey</p>	<p>23</p> <p>7:30-8:15am Edge at JDF 7:50am – privates start 3pm Privates at the Q 3:30 Mini Hockey 3:30 semi-private lessons 7-12 yrs</p>	<p>24</p> <p>No Ice</p>
<p>25</p> <p>No Ice</p>	<p>26</p> <p>6:45am U11 Surge 8:30am THA Dev 1</p>	<p>27</p> <p>No Ice</p>	<p>28</p> <p>7-7:45am Edge & Puck 7:45-8:30am Privates Above all at Pearkes 3:30-4:20pm 7-12yrs skating & hockey w/ Marty @ the Q Centre</p>	<p>29</p> <p>3:45pm at Pearkes Heros Hockey</p>	<p>30</p> <p>7:30-8:15am Edge at JDF 7:50am – privates start 3pm Privates at the Q 3:30 Mini Hockey 3:30 semi-private lessons 7-12 yrs</p>	<p>31</p> <p>No Ice</p>