



# PowerWest Athletics On Ice

# February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>PowerWest Athletics (PWA) offer programs ON ICE to help hockey players be the best skater they can be. Skating is our focus but we also work on hockey skills and being the best human possible! The PWA Studio offers CO-ED and women's ONLY options, personal &amp; group training in a variety of health and wellness programs including but not limited to: strength, spin, yoga, pilates, kickboxing, HIIT and more! <a href="#">Click here to Register.</a></p> <p>Welcome to the PWA Community! We are committed to making Community a Better Place. Join us ~ you will see what I mean.</p> <p><a href="mailto:mena@telus.net">mena@telus.net</a> 250-415-5983</p> <p>YES – we have Spring Break sessions and camps the weeks of March 16<sup>th</sup> and 23<sup>rd</sup> AND April to June programs will be up soon too! All at <a href="http://powerwa.as.me">powerwa.as.me</a>.</p>					
1 No Ice	2 No Ice	3 No Ice	4 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	5 3:45pm at Pearkes Heros Hockey	6 7:30-8:15am Edge at JDF 7:50am – privates start 2:30pm Privates at the Q 3:30 Mini Hockey 3:30 semi-private lessons 7-12 yrs	7 No Ice
8 No Ice	9 6:45am U11 Surge 8:30am THA Dev 1	10 No Ice	11 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	12 3:45pm at Pearkes Heros Hockey	13 7:30-8:15am Edge at JDF 7:50am, 8:20, 9:50am 9-10:20am PWR/hockey 2:30pm Privates at the Q 3:30 Mini Hockey 3:30 semi-private lessons 7-12 yrs	14 7:15am – U11 Admirals
15 No Ice	16 No Ice	17 No Ice	18 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	19 3:45pm at Pearkes Heros Hockey	20 7:30-8:15am Edge at JDF 7:50am – privates start 2:30pm Privates at the Q 3:30 Mini Hockey 3:30 semi-private lessons 7-12 yrs	21 No Ice
22 No Ice	23 6:45am U11 Surge 8:30am THA Dev 1	24 No Ice	28 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	29 3:45pm at Pearkes Heros Hockey	30 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	31 No Ice