



# PowerWest Athletics On Ice

## March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 No Ice	2 6:45am Surge	3 8:30am THA Dev 1	4 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	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 No Ice	10 1:30pm THA Dev 3	11 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	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 No Ice	
15 No Ice	16 8am Privates & Semi 9am-1pm Spring Break Camp 5-12yrs 10am Edge & Puck 10:50am Privates & Semi Privates	17 8am Privates & Semi 9am-1pm Spring Break Camp 5-12yrs 10am Edge & Puck 10:50am Privates & Semi Privates	18 Spring Break Camp 9-1 M-F 5-12yrs Privates & Semi Daily 8-9am & 10:50-11:50 Edge Class 9:30am daily	19 8am Privates & Semi 9am-1pm Spring Break Camp 5-12yrs 10am Edge & Puck 10:50am Privates & Semi Privates	20 8am Privates & Semi 9am-1pm Spring Break Camp 5-12yrs 10am Edge & Puck 10:50am Privates & Semi Privates	21 No Ice	
22 No Ice	23 9am Privates and Semi Privates 9:30am Edge & Puck	24 9am Privates and Semi Privates 9:30am Edge & Puck	25 9am Privates and Semi Privates 9:30am Edge & Puck	26 9am Privates and Semi Privates 9:30am Edge & Puck	27 9am Privates and Semi Privates 9:30am Edge & Puck	28 No Ice	
29 No Ice	30 Spring School Begins!	31 3:30pm Small Group Lessons & Mini Hockey at Pearkes GREEN Rink Ask me if you aren't sure!	<p><i>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 options, personal &amp; group training in a variety of health and wellness programs spin, yoga, pilates, kickboxing, HIIT and more! <a href="#">Click here to Register.</a> Welcome to the PWA Community! We are committed to making Community a Better Join us ~ you will see what I mean. <a href="mailto:skatewithme@telus.net">skatewithme@telus.net</a> 250-415-5983</i></p>				

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# PowerWest Athletics On Ice

## April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>PowerWest Athletics works with hockey players helping them to 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 a variety of health and wellness programs including but not limited to: strength, spin, yoga, pilates, kickboxing, HIIT and more!  <b>Click here to Register.</b> <a href="mailto:skatewithmena@telus.net">skatewithmena@telus.net</a> 250-415-5983</p>			<p>1 7am Edge &amp; Puck for all ages 7:45am Privates Pearkes GOLD Rink 3:30 Power Skating at the Q</p>	<p>2 No Ice</p>	<p>3 7:30am @ Q Speed Class 7:30am @ Q Privates Pearkes GOLD Rink 3pm @ Q Privates 3:30pm @ Q Mini hockey and semi-privates</p>	<p>4 No Ice</p>
<p>5 No Ice</p>	<p>6 6:45am Edge &amp; Puck for all ages 7:30am Privates Pearkes GREEN Rink</p>	<p>7 3:30pm Small Group Lessons &amp; Mini Hockey Pearkes GREEN Rink Ask me if you aren't sure!</p>	<p>8 7am Edge &amp; Puck for all ages 7:45am Privates Pearkes GOLD Rink 3:30 Power Skating at the Q</p>	<p>9 No Ice</p>	<p>10 7:30am @ Q Speed Class 7:30am @ Q Privates Pearkes GOLD Rink 3pm @ Q Privates 3:30pm @ Q Mini hockey and semi-privates</p>	<p>11 No Ice</p>
<p>12 No Ice</p>	<p>13 6:45am Edge &amp; Puck for all ages 7:30am Privates Pearkes GREEN Rink</p>	<p>14 3:30pm Small Group Lessons &amp; Mini Hockey Pearkes GREEN Rink Ask me if you aren't sure!</p>	<p>15 7am Edge &amp; Puck for all ages 7:45am Privates Pearkes GOLD Rink 3:30 Power Skating at the Q</p>	<p>16 No Ice</p>	<p>17 7:30am @ Q Speed Class 7:30am @ Q Privates Pearkes GOLD Rink</p>	<p>18 No Ice</p>
<p>19 No Ice</p>	<p>20 6:45am Edge &amp; Puck for all ages 7:30am Privates Pearkes GREEN Rink</p>	<p>21 3:30pm Small Group Lessons &amp; Mini Hockey Pearkes GREEN Rink Ask me if you aren't sure!</p>	<p>22 7am Edge &amp; Puck for all ages 7:45am Privates Pearkes GOLD Rink 3:30 Power Skating at the Q</p>	<p>23 No Ice</p>	<p>24 7:30am @ Q Speed Class 7:30am @ Q Privates Pearkes GOLD Rink 3pm @ Q Privates 3:30pm @ Q Mini hockey and semi-privates</p>	<p>25 No Ice</p>
<p>26 No Ice</p>	<p>27 6:45am Edge &amp; Puck for all ages 7:30am Privates Pearkes GOLD Rink</p>	<p>28 No Ice</p>	<p>29 6:30am Edge &amp; Puck for all ages 7:15am Privates Pearkes GOLD Rink 3:30 Power Skating at the Q</p>	<p>30 No Ice</p>	<p>Welcome to the PWA community. We are committed to making a difference. Come join us ~ you will see!</p> 	



# PowerWest Athletics On Ice

## May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>PowerWest Athletics works with hockey players helping them to 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 a variety of health and wellness programs including but not limited to: strength, spin, yoga, pilates, kickboxing, HIIT and more! <b>Click here to Register.</b> <a href="mailto:skatewithmena@telus.net">skatewithmena@telus.net</a> 250-415-5983 Welcome to the PWA community. We are committed to making a difference. Come join us ~ you will see!</p> 					1 7am Speed Class 7:45am Private Lessons Pearkes GOLD Rink	2 No Ice
3 No Ice	4 No Ice	5 No Ice	6 6am Edge & Puck at Pearkes GOLD rink	7 No Ice	8 7am Speed Class 7:45am Private Lessons Pearkes GOLD Rink	9 No Ice
10 No Ice	11 6am Edge & Puck for all ages Pearkes GOLD Rink	12 No Ice	13 6:30am Edge & Puck for all ages 7:15am Private lessons Pearkes GOLD Rink	14 No Ice	15 7am Speed Class 7:45am Private Lessons Pearkes GOLD Rink	16 No Ice
17 No Ice	18 No Ice Happy Victoria Day	19 No Ice	20 6:30am Edge & Puck for all ages 7:15am Private lessons Pearkes GOLD Rink	21 No Ice	22 7am Speed Class 7:45am Private Lessons Pearkes GOLD Rink	23 No Ice
24/31 No Ice	25 6:30am Edge & Puck for all ages 7:15am Privates Pearkes GOLD Rink	26 No Ice	27 6:30am Edge & Puck for all ages 7:15am Private lessons Pearkes GOLD Rink	28 No Ice	29 7am Speed Class 7:45am Private Lessons Pearkes GOLD Rink	30 No Ice



# PowerWest Athletics On Ice

## June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:30am Edge & Puck for all ages 7:15am Privates Pearkes GOLD Rink	2 No Ice	3 6:30am Edge & Puck for all ages 7:15am Private lessons Pearkes GOLD Rink	4 No Ice	5 7am Speed Class 7:45am Private Lessons Pearkes GOLD Rink	6 No Ice
7 No Ice	8 6:30am Edge & Puck for all ages 7:15am Privates Pearkes GOLD Rink	9 No Ice	10 6:30am Edge & Puck for all ages 7:15am Private lessons Pearkes GOLD Rink	11 No Ice	12 7am Speed Class 7:45am Private Lessons Pearkes GOLD Rink	13 No Ice
14 No Ice	15 6:30am Edge & Puck for all ages 7:15am Privates Pearkes GOLD Rink	16 No Ice	17 6:30am Edge & Puck for all ages 7:15am Private lessons Pearkes GOLD Rink	18 No Ice	19 7am Speed Class 7:45am Private Lessons Pearkes GOLD Rink	20 No Ice
<p><b>Ice Break for PowerWest Athletics – June 20-July 1</b>  <b>PowerWest Athletics returns to the ice on July 2 – see our July and August calendars for our very busy summer on ice - coming soon!</b></p>						

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We are committed to making a difference.

Come join us ~ you will see!

