



PowerWest Athletics On Ice

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	June 29 7am Edge & Puck for all ages 7:45am Privates Pearkes GOLD Rink	30 No Ice	1 Happy Canada Day! No Ice today 	2 6:30am Edge & Puck for all ages 7:15am Privates Pearkes GOLD Rink	3 No Ice	4 No Ice
5 No Ice	6 Sunset skates at JDF 5pm U7 & Privates 5:30pm U9 6pm U11 6:30pm Private Lessons 7pm U13 & U15 8pm U18, Jr, Pro	7 6:30am Edge & Puck 7:15am Privates Above at Pearkes Sunset skates at JDF 5pm U7 & Privates 5:30pm U9 6pm U11 6:30pm Private Lessons 7pm U13 & U15 8pm U18, Jr, Pro	8 7am Edge & Puck 7:30 & 8am Privates Above at JDF Arena Sunset skates at JDF 5pm U7 & Privates 5:30pm U9 6pm U11 6:30pm Private Lessons 7pm U13 & U15 8pm U18, Jr, Pro	9 6:30am Edge & Puck 7:15am Privates Above at Pearkes Sunset skates at JDF 5pm U7 & Privates 5:30pm U9 6pm U11 6:30pm Private Lessons 7pm U13 & U15 8pm U18, Jr, Pro	10 No Ice	11 No Ice
12 No Ice	13 Sunset skates at JDF 5pm U7 & Privates 5:30pm U9 6pm U11 6:30pm Private Lessons 7pm U13 & U15 8pm U18, Jr, Pro	14 6:30am Edge & Puck 7:15am Privates Above at Pearkes Sunset skates at JDF 5pm U7 & Privates 5:30pm U9 6pm U11 6:30pm Private Lessons 7pm U13 & U15 8pm U18, Jr, Pro	15 7am Edge & Puck 7:30 & 8am Privates Above at JDF Arena Sunset skates at JDF 5pm U7 & Privates 5:30pm U9 6pm U11 6:30pm Private Lessons 7pm U13 & U15 8pm U18, Jr, Pro	16 6:30am Edge & Puck 7:15am Privates Above at Pearkes Sunset skates at JDF 5pm U7 & Privates 5:30pm U9 6pm U11 6:30pm Private Lessons 7pm U13 & U15 8pm U18, Jr, Pro	17 No Ice	18 No Ice
19 No Ice	20 No Ice	22 & 28 6:30am Edge & Puck all ages 7:15am Privates Above at Pearkes	23 & 30 7am Edge & Puck all ages 7:30 & 8am Privates Above at JDF Arena	24 & 31 6:30am Edge & Puck all ages 7:15am Privates Above at Pearkes	25 No Ice	26 No Ice

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! **Click here to Register.** skatewithmena@telus.net 250-415-5983 Welcome to the PWA community.



August Summer camps begin the week of August 10th ending September 4th.

We are committed to making a difference ~ Come join us ~ you will see!





PowerWest Athletics On Ice

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 No Ice	31 Camps will also be running August 31-Sept 4 at JDF Arena					1 No Ice
2 No Ice	3	4 6:30am Edge & Puck 7:15am Privates At Pearkes	5 7am Edge 7:45am Privates At JDF Arena	6 6:30am Edge & Puck 7:15am Privates At Pearkes	7 No Ice	8 No Ice
9 No Ice	10 Female Camp 10:30-1pm at JDF Mon-Fri At JDF Arena	11 6:30am Edge & Puck 7:15am Privates At Pearkes Female Camp 10:30-1pm at JDF Mon-Fri	12 7am Edge & Puck 7:30 & 8am Privates At JDF Arena Female Camp 10:30-1pm at JDF Mon-Fri At JDF Arena	13 6:30am Edge & Puck 7:15am Privates At Pearkes Female Camp 10:30-1pm at JDF Mon-Fri At JDF Arena	14 Female Camp 10:30-1pm at JDF Mon-Fri At JDF Arena	15 No Ice
16 No Ice	17 Camps run daily Aug 17-21 for U7, U9, U11, U13, U15, Edge Classes for all ages, Mini Hockey 3-5 yrs and private & small groups. Please ask me if you are not sure! At JDF Arena	18 Daily Camps	19 7am Edge & Puck all ages 7:30 & 8am Privates JDF Daily Camps	20 Daily Camps	21 Daily Camps	22 No Ice
23 No Ice	24 Camps run daily Aug 24-28 for U7, U9, U11, U13, U15, Edge Classes for all ages, Mini Hockey 3-5 yrs and private & small groups. Please ask me if you are not sure! At JDF Arena	25 Daily Camps	26 7am edge & puck, privates JDF off at 8:20 Daily Camps	27 Daily Camps	28 Daily Camps	29 No Ice

Parents – please do ask me if you have any questions. We have something for everyone and if you don't see it, ask me and we can make it happen!
From Mini Hockey to forming your own group of adults for learn to skate or a coaches clinic to those prepping for assessments of all ages!

Full day camps, half camps, single sessions. We love being at the rink and hope to see you there 😊

[Click here to Register](#) Go to section 3 for all ICE options. skatewithmena@telus.net 250-415-5983

