



Southwest Zone Hockey Association

Power Skating

2010-11

Featuring *Quantum Speed™* Trained Instructors

The Southwest Zone Hockey Association is pleased to offer to its members Power Skating instruction led by instructors from the *Quantum Speed™* Program designed by Steffany Hanlen of *Hanlen Consulting Inc.*

This program, open to skaters of all skill levels, represents the evolution of traditional power skating classes and is

- A progressive program that focuses on one new skill per week
- Focused on SKILLS as opposed to DRILLS
- Committed to error detection, correction and individual feedback.

Hanlen Consulting Inc. provides all instructors. Vanessa Hettinger, General Manager and Master Instructor, *Quantum Speed™* is the head instructor for the majority of sessions.

Class Length: 20 weeks

Cost: \$300.00 (includes tax)
10 percent discount for 2 or more registrants from the same immediate family

Start Dates: Oct 13th/14th 2010

End Dates: March 16th/17th 2010

Payment options*:

- ✓ Immediate payment in full, by cheque
- ✓ Post-dated cheque, dated September 15, 2010 or
- ✓ Two post-dated cheques, dated September 15, 2010 and December 15, 2010

*We are unable to accept payment by credit card.

Four sessions are available, grouped by birth year, as follows:

Session	Day	Time	Arena	Age Group
SS1 (Intro)	Wed	4:15-5:15	George S. Hughes (Southside)	Novice (born 2002-2003)
SS2 (Jr)	Wed	5:15-6:15	George S. Hughes (Southside)	Atom (born 2000-2001)
SS3 (Int)	Thurs	4:00-5:00	George S. Hughes (Southside)	Atom*/Peewee (born 1998-2000)
SS4 (Sr)	Thurs	5:00-6:00	George S. Hughes (Southside)	PeeWee**/Bantam/Midget (1993-1998)

*In order for Atom-aged (2000) skaters to register in SS3 they must have a recommendation from the instructors and have at least two years' Quantum Speed experience in the previous level (SS2).

**In order for Peewee-aged (1998) skaters to register in SS4, they must have a recommendation from the instructors and have at least two years' Quantum Speed experience in the previous level (SS3).

Please note:

- Priority is given to skaters in the Southwest Zone (Confederation, SWAT, SWZ) and previous registrants until Sept 1st 2010, after which non-zone applicants may be accepted as needed to fill classes.
- Class sizes are limited and registrations are accepted on a **first-come, first-served basis**. (This means that a new registrant can be given priority over a previous registrant if his/her application is received earlier and other conditions are met.)
- Full hockey equipment is required, including (inexpensive) sticks. Please provide own water bottle and jersey. DO NOT BRING VALUABLES TO THE RINK.
- Confirmation of registration will be made **by e-mail** on or before Sept 30, 2010.

Please contact Sheryl Paterson at 780-988-6064 or at power-skating@swzhockey.ca with any questions.