



Skating Enhancement/Power Skating

Monday, September 20th to Thursday, September 23rd &
Monday, September 27th to Thursday, September 30, 2010

Prince George Ringette Association (PGRA) is pleased to offer skating enhancement sessions
FREE for all ringette players.

These sessions teach proper skating techniques and have proven
to be an excellent pre-season warm-up.

The player is required to wear the full gear – including Ringette cage.

For the first session, we ask that players attend the session assigned to their age group.
Players may be moved to a different group only if approved by PGRA executive in consultation with the skating
enhancement instructors.

In accordance with our insurance policy, we can not allow any players onto the ice until
they have been registered with PGRA.

**Full payment is needed before
a player can participate in the Skating Enhancement.**

If you have any questions, please contact the Registrar,
Karen Nicklen at pgringette@hotmail.com or 964-4425

Monday, September 20 @ Coliseum

5:00 – 5:40 **U9** (4 – 8 years)
5:40 – 6:30 **U10** (8 – 9 years)
6:45 – 7:30 **U12-U14** (10 – 13 years)
7:45 – 8:30 **U16-U19** (14 –18) plus Open/Masters

Tuesday, September 21 @ Coliseum

5:00 – 5:40 **U9** (4 – 8 years)
5:40 – 6:30 **U10** (8 – 9 years)
6:45 – 7:30 **U12-U14** (10 – 13 years)
7:45 – 8:30 **U16-U19** (14 –18) plus Open/Masters

Wednesday, September 22 @ Coliseum

5:00 – 5:40 **U9** (4 – 8 years)
5:40 – 6:30 **U10** (8 – 9 years)
6:45 – 7:30 **U12-U14** (10 – 13 years)
7:45 – 8:30 **U16-U19** (14 –18) plus Open/Masters

Thursday, September 23 @ Coliseum

5:00 – 5:40 **U9** (4 – 8 years)
5:40 – 6:30 **U10** (8 – 9 years)
6:45 – 7:30 **U12-U14** (10 – 13 years)
7:45 – 8:30 **U16-U19** (14 –18) plus Open/Masters

Monday, September 27 @ Coliseum

5:00 – 5:40 **U9** (4 – 8 years)
5:40 – 6:30 **U10** (8 – 9 years)
6:45 – 7:30 **U12-U14** (10 – 13 years)
7:45 – 8:30 **U16-U19** (14 –18) plus Open/Masters

Tuesday, September 28 @ Coliseum

5:00 – 5:40 **U9** (4 – 8 years)
5:40 – 6:30 **U10** (8 – 9 years)
6:45 – 7:30 **U12-U14** (10 – 13 years)
7:45 – 8:30 **U16-U19** (14 –18) plus Open/Masters

Wednesday, September 29 @ Coliseum

5:00 – 5:40 **U9** (4 – 8 years)
5:40 – 6:30 **U10** (8 – 9 years)
6:45 – 7:30 **U12-U14** (10 – 13 years)
7:45 – 8:30 **U16-U19** (14 –18) plus Open/Masters

Thursday, September 30 @ Coliseum

5:00 – 5:40 **U9** (4 – 8 years)
5:40 – 6:30 **U10** (8 – 9 years)
6:45 – 7:30 **U12-U14** (10 – 13 years)
7:45 – 8:30 **U16-U19** (14 –18) plus Open/Masters