

# RINK

## Skating & Skills | West Kelowna Hockey Centre

This program encompasses the best of what the RINK has to offer in a single program. Regardless of mastery level, Skating & Skills incorporates aspects of Power Skating, Shooting & Scoring, and Puck Control programs, giving players a taste of everything we specialize in.



The Advanced Skating and Skills Program is designed to develop great habits through the proper techniques. On-ice, skaters will focus on stride location for individual skating skills. Skaters will master transitions from forwards to backwards effective and efficiently. While mastering puck control, skaters will learn to stickhandle around their bodies and evolve into shooting techniques concentrating on creating flex from their stick using a push and pull motion. This program focuses on a well-rounded approach to the skater's skill development.

### Program Schedule

#### November

7th, 14th, 21st, 28th

#### December

5th, 12th

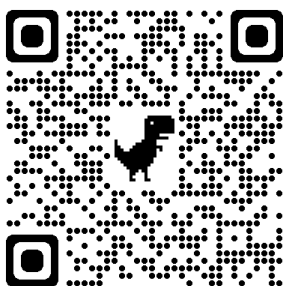
#### January

9th, 16th, 23rd, 30th

#### February

6th, 13th, 20th, 27th

Scan to Register



Key Details

#### Location

West Kelowna Hockey Centre  
1322 Stevens Road, West Kelowna

#### Mastery Level

Advanced Ages 9-10 (U11)

#### Time

Sundays  
5:30PM - 6:30PM