**Skate Oakville – PrePower & CanPower Programs**

**Designed for hockey players and experienced skaters,** our **PrePower** and **CanPower** programs focus on the development of skating skills for sports **outside of figure skating**, such as **hockey** and **ringette**.

These programs emphasize **quality technique** in skating fundamentals essential for success in hockey, ringette, and similar sports. They are ideal for skaters who are:

* **Looking to transition from CanSkate into hockey or ringette**
* **Participating in hockey programs with other organizations and want additional skill development**
* **Skaters with some experience looking to improve their skills in hockey, ringette, or like sports**

**Please note: Skate Oakville does not offer hockey instruction beyond PowerSkate. These are standalone programs and do not require concurrent enrollment in a CanSkate course.**

**Eligibility Requirements**

* **PrePower**
For skaters who have **completed Stage 2 of CanSkate**.
Skaters should be able to:
	+ Perform forward pushes in a push glide sequence
	+ Be working on backward strides
	+ Have the concept of stopping and turning backwards
* **CanPower**
For skaters who are in or have **completed Stage 4 of CanSkate**.
Skaters should be able to:
	+ Execute a forward stride
	+ Skate backwards
	+ Perform/ working on crossovers
	+ Stop with control
	+ Turn from forward to backward

**New to Skate Oakville?**

If you haven’t participated in our CanSkate program before, please email us at **office@skateoakville.ca** with a description of your previous skating or hockey experience.

We’ll assess your eligibility based on your ability to perform the required skills listed above.