

WATERFIT SCHEDULE

Summer IN EFFECT July 4 to September 4, 2011

WE ARE CLOSED SUMMER STAT HOLIDAYS July 1, August 2 & September 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 8 – 9 AM	Aqua Jocks 6 – 7 AM	Combo 8 – 9 AM	Aqua Jocks 6 – 7 AM	Combo 8 – 9 AM
Shallow 11 AM -12 PM	Deep 11 AM -12 PM	Shallow 11 AM -12 PM	Deep 11 AM -12 PM	Shallow 11 AM -12 PM
Aqua Bootcamp 7:30 - 8:30 PM				
Deep 8:30 - 9:30 PM	Shallow 8:30 - 9:30 PM	Deep 8:30 - 9:30 PM	Shallow 8:30 - 9:30 PM	

DESCRIPTIONS

AQUA JOCKS

A high intensity, invigorating work-out. This may be the perfect addition to enhance your athletic performance.

COMBO

Shallow or Deep? Why not try our combined class where you can get the benefits of both. A work out to splash your way to overall health.

DEEP

Max resistance, minimal impact. Tone & strengthen muscles without joint stress. A belt keeps you afloat, ab muscles keep you upright.

SHALLOW

A diverse fitness class with great music to keep you moving and motivated, suitable for all levels. Swimming skills NOT required.

AQUA BOOTCAMP

A high intensity, non-weight bearing class combining cardio, core and strength training. This 'all wet' Boot Camp will get you hooked & hyped on water workouts. You don't want to miss this class.



SKATING SCHEDULE

CHECK IT OUT Summer Skating! IN EFFECT July 6 to August 20, 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		July 6-Aug 3 Everyone Welcome 7:30-8:50 PM			July 9-Aug 20 Everyone Welcome 7:30-8:50 PM	

Skating may be cancelled for special events. Call 478-8384 to confirm schedule.

PowerWest Athletics (PWA) Skating Programs

With Mena Westhaver and PWA instructors, professional technical skating instructions in a fun supportive 'arena.' Our on ice sessions cover stride development, agility, speed, balance, quickness & readiness in all direction through the effectiveness of EDGES! Skating and hockey skills combined... and of course always a mini hockey game create the perfect hockey strategy! We are very proud of our programs and look forward to sharing the ice with you! Skate Well ... Score More!

Summer Sunset Skates with PowerWest Athletics

JDF ARENA

7-10 Years

Players

Tu/Th/Fr 6:30-7:30pm Jul 05-Jul 08 \$69/3 67798
M/Tu/Th 6:30-7:30pm Jul 11-Jul 14 \$69/3 67790

Goalies

Tu/Th/Fr 6:30-7:30pm Jul 05-Jul 08 \$69/3 67802
M/Tu/Th 6:30-7:30pm Jul 11-Jul 14 \$69/3 67803

9-12 Years

Players

Tu/Th/Fr 7:30-8:30pm Jul 05-Jul 08 \$69/3 67800
M/Tu/Th 7:30-8:30pm Jul 11-Jul 14 \$69/3 67801

Goalies

Tu/Th/Fr 7:30-8:30pm Jul 05-Jul 08 \$69/3 67804
M/Tu/Th 7:30-8:30pm Jul 11-Jul 14 \$69/3 67805

Advanced Program 12 Years & Up

Players

Tu/Th/Fr 8:40-10:00pm Jul 05-Jul 08 \$75/3 67993
M/Tu/Th 8:40-10:00pm Jul 11-Jul 14 \$75/3 67994

Goalies

Tu/Th/Fr 8:40-10:00pm Jul 05-Jul 08 \$75/3 67995
M/Tu/Th 8:40-10:00pm Jul 11-Jul 14 \$75/3 67996

Seasonal Specials with PWA

Skate and PLAY ... yes it's time for the good ole' hockey game! Following a brief skating warm-up we tier two lines and play a fun game of hockey. Throw a dark and light jersey in your hockey bag!

JDF ARENA

6-8 Years (Novice Players)

F 6:30-7:30pm Jul 15 \$20/1 67856

6-8 Years (Novice Goalies)

F 6:30-7:30pm Jul 15 \$20/1 67857

9-10 Years (Atom Goalies)

F 7:30-8:30pm Jul 15 \$20 67858

9-10 Years (Atom Players)

F 7:30-8:30pm Jul 15 \$20 67859

11-12 Years (PeeWee Players)

F 8:40-10:00pm Jul 15 \$20 67860

11-12 Years (PeeWee Goalies)

F 8:40-10:00pm Jul 15 \$20 67861

Looking for Private or Semi-Private Lessons?

PowerWest Athletics offers private and semi-private lessons in skating, hockey and goalie skills. Sessions are limited and tailored to fit your needs. For details e-mail Mena directly at skatewithmena@telus.net

Pre-Season Training Skating Programs and Camps with PWA

All preseason training programs receive a jersey!

Skating ONLY

JDF ARENA

6-8 Years (Novice)

M-F 9:00-10:20am Aug 22-Aug 26 \$189/5 67806
M-F 9:00-10:20am Aug 29-Sep 02 \$189/5 67808

9-10 Years (Atom)

M-F 10:30-11:50am Aug 22-Aug 26 \$189/5 67807
M-F 10:30-11:50am Aug 29-Sep 02 \$189/5 67997

11-12 Years (PeeWee)

M-F 12:00-1:20pm Aug 22-Aug 26 \$189/5 67809
M-F 12:00-1:20pm Aug 29-Sep 02 \$189/5 67814

13-16 Years (Bantam-Midget)

M-F 1:30-2:50pm Aug 22-Aug 26 \$189/5 67998
M-F 1:30-2:50pm Aug 29-Sep 02 \$189/5 67999

Skating & Hockey Camps

PWA proudly in partnership with Puckmasters Victoria

Everything any player needs and wants all in one camp! Technical skating with Mena & PWA instructors at JDF Arena, hockey skills, coaching and treadmill time at Puckmasters Victoria and dry land training instructed by a certified fitness leader with continuous great leadership the entire time your player is in our care. Drop-off at JDF Arena at the time listed below and pick up at Puckmasters Victoria at the end time noted. A great way to combine FUN, FITNESS and a 'F'ENOMENAL sport ... at two great FACILITIES! Hockey jersey and water bottle included

JDF ARENA

9-10 Years (Atom Players)

M-F 10:15-3:00pm Aug 22-Aug 26 \$399/5 68000
M-F 10:15-3:00pm Aug 29-Sep 02 \$399/5 68003

9-10 Years (Atom Goalies)

M-F 10:15-3:00pm Aug 22-Aug 26 \$399/5 68004
M-F 10:15-3:00pm Aug 29-Sep 02 \$399/5 68005

11-12 Years (PeeWee Players)

M-F 11:45-4:30pm Aug 22-Aug 26 \$399/5 68008
M-F 11:45-4:30pm Aug 29-Sep 02 \$399/5 68009

11-12 Years (PeeWee Goalies)

M-F 11:45-4:30pm Aug 22-Aug 26 \$399/5 68010
M-F 11:45-4:30pm Aug 29-Sep 02 \$399/5 68011

13-16 Years (Bantam-Midget Players)

M-F 1:15-6:00pm Aug 22-Aug 26 \$399/5 68012
M-F 1:15-6:00pm Aug 29-Sep 02 \$399/5 68013

13-16 Years (Bantam-Midget Goalies)

M-F 1:15-6:00pm Aug 22-Aug 26 \$399/5 68014
M-F 1:15-6:00pm Aug 29-Sep 02 \$399/5 68015

SCHOOL AGE Summer Skating

SKATING

Adult Summer Sunset Drop In Hockey with PowerWest Athletics

45 minutes of Drills and 45 minutes of play

JDF ARENA

Su	8:00-9:30pm	Jul 10	\$20/1	68077
Su	8:00-9:30pm	Jul 17	\$20/1	68085
Su	8:00-9:30pm	Jul 24	\$20/1	68086
Su	8:00-9:30pm	Jul 31	\$20/1	68087
Su	8:00-9:30pm	Aug 07	\$20/1	68088
Su	8:00-9:30pm	Aug 14	\$20/1	68089
Su	8:00-9:30pm	Aug 21	\$20/1	68090
Su	8:00-9:30pm	Aug 28	\$20/1	68091

Power Skating Plus

6 - 14 Years

The professional instruction team will emphasize turns, balance, power, speed and edges. Great training for any skater who wishes to improve skills.

INSTRUCTOR: Dave MacDonald/Annalise Forgiarm

JDF ARENA

M-F	8:00-8:45am	Jul 04-Jul 08	\$45/5	67782
M-F	8:00-8:45am	Jul 11-Jul 15	\$45/5	67783
M-F	8:00-8:45am	Jul 18-Jul 22	\$45/5	67784
M-F	8:00-8:45am	Jul 25-Jul 29	\$45/5	67785

Summer Skating
at Juan de Fuca Arena
Everyone Welcome

WEDNESDAYS
July 6 to August 3
7:30-8:50 PM
SATURDAYS
July 9 to August 20
7:30-8:50 PM