

August 9, 2019

Welcome to Hazelridge Power Skating Program! My name is Carolyn Cybulsky and I have been teaching power skating for 15 years ranging from beginners to the top!

Power skating, we will review the basics and then begin to push past them. Expect to be challenged. Skaters will perform basic to advanced edge work and agility exercises that will help them to become fast, explosive, dynamic, and controlled hockey/ringette players. Rings and Pucks will be incorporated into our program also.

Skaters must be able to skate the length of ice and stop on command without running into the boards. Players are to wear full hockey or ringette equipment with CSA approved Helmet.

Along with hard work comes the enjoyment of having fun on the ice with friends and teammates new or old!

I look forward to seeing everyone this season.

Carolyn Cybulsky