

## 2012 January/March SAMHA Power Program

The SAMHA Power Program is **ONLY** available to players currently registered with SAMHA and carded in accordance with SAMHA's policy and procedures.

Registration is only available on-line and found on the SAMHA website at [www.samha.ca](http://www.samha.ca)

The cost for the ten one-hour sessions is \$135.00.

Full equipment is required including stick and water bottle.

Registration is done on a first come basis and is limited to the first 45 participants.

Accepted registrations will be confirmed by email.

When registration is maxed out you will automatically be added to a waiting list. You will be contacted by email if openings become available prior to the start of the program.

Instructor/skater ratio is 1/5.

Drop in sessions are **NOT** available.

If you have any questions please contact Donna Stewart by email at [stewartz@telusplanet.net](mailto:stewartz@telusplanet.net) or call (780) 458-6572.

### **Level Information**

**NOTE: The players age, experience and skill will determine their Level placement.**

**Level 1** - Ages 5 - 8 (Birth Year 2007 - 2004)

Dates - Friday's from January 13th to March 16th

Time - 4:00 - 5:00 pm

Arena - Mark Messier

**Level 2** - Ages 7 - 10 (Birth Year 2005 - 2002)

Dates - Friday's from January 13th to March 16th

Time: 5:00 - 6:00 pm

Arena - Mark Messier

**Level 3** - Ages 9 - 17 (Birth Year 2001 - 1994)

Dates - Friday's from January 13th to March 16th

Time: 6:00 - 7:00 **am (Mornings)**

Arena - Mark Messier

**NOTE** - Minimum of ten skaters required to offer the morning program.