



## CARY GRANT POWER SKATING

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### Winter 2026 Power Skating and Skill Development Sessions

The sessions are run by former Calgary Canucks Power Skating and Skill Development Coach, Cary Grant. Cary is a CanPowerSkate Certified Power Skating Coach, who has worked for Airdrie Ringette, Didsbury Minor Hockey Association, Calgary Junior Hitmen, Venom Hockey, as well as various individual teams.

Emphasis will be on edge control, maximizing speed and power in the initial 3-5 steps, Transitions, Balance, Evasive manoeuvres, and Skill Development.

**\*Advanced Group Wed AM (6:30 – 7:30 am) 8 Sessions**

Ron Ebbesen Arena (Blue Ice) – Jan 7 – Feb 25, 2026

**\*Intermediate Group Fri AM (6:30 – 7:30 am): 8 Sessions**

Ron Ebbesen Arena (Blue Ice) – Jan 7 – Feb 27, 2026.

Cost: \$225.00/ Skater. Rebates for multiple skater registrations. Please e-mail Cary Grant at [cgpowerskating@gmail.com](mailto:cgpowerskating@gmail.com) to secure your spot if you are interested.

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