

CHAMPIONS ARE MADE AT PRACTICE!

Mon Aug 26	6:00-7:00 pm	GROUP 1
	7:15-8:15 pm	GROUP 2
	8:30-9:30 pm	GROUP 3
Wed Aug 28	6:00-7:00 pm	GROUP 1
	7:15- 8:15 pm	GROUP 2
	8:30-9:30 pm	GROUP 3
Fri Aug 30	6:00-7:00 pm	GROUP 1
	7:15-8:15 pm	GROUP 2
	8:30-9:30 pm	GROUP 3
Mon Sept 2	6:00-7:00 pm	GROUP 1
	7:15-8:15 pm	GROUP 2
	8:30-9:30 pm	GROUP 3
Wed Sept 4	6:00-7:00 pm	GROUP 1
	7:15-8:15 pm	GROUP 2
	8:30-9:30 pm	GROUP 3
Fri Sept 6	6:00-7:00 pm	GROUP 1
	7:15-8:15 pm	GROUP 2
	8:30-9:30 pm	GROUP 3

Instructor: Tanis Gehrke-Mofford

403 845-0905

Call or text

e-mail: drtjgehrke@yahoo.com

Excellent Coach/Player Ratio

\$150.00/ 6 sessions

Invest the Time

Improve Your Skills

Grow Your Game

Get The Edge

**FALL 2019 POWERSKATING/
CONDITIONING SESSION**

Location: Christenson Sports and Wellness Centre
Rocky Mtn. House.

Name _____

Age _____

Level(playing 2019-20
season)_____

Email _____

Phone _____

Yrs. played _____

