

## Fall Power Skating

Bruno will also be teaching  
Power skating this winter.

To register for all skating programs check it out  
online at: [www.skatecoquitlam.com](http://www.skatecoquitlam.com)

Coquitlam Skating Club Contact Info:  
(604) 936-0707

[www.skatecoquitlam.com](http://www.skatecoquitlam.com)

Registrar e-mail:

[info@skatecoquitlam.com](mailto:info@skatecoquitlam.com)

Bruno Delmaestro:

[powerskating@skatecoquitlam.com](mailto:powerskating@skatecoquitlam.com)

The Coquitlam Skating Club is a proud  
member of Skate Canada



# Winter 2023 Coquitlam Skating Club



## Pre-Power Skating Program

Designed by

**Bruno Delmaestro**  
for

**Hockey Players**  
**6 years and up**

**The Coquitlam Skating Club** will be offering a pre-power skating lessons for 6 years and up. Players must be able to skate forward and backwards on their own and stop on command. Otherwise they should be in the Canskate program. This session will run on the ice with the Coquitlam Skating Club Canskate Skate program. Players will skate to the far end of the rink, and train from the Zamboni entrance to the blue line. Players must wear full hockey gear. Hockey Stick is not needed.

Lessons will take place at the **Poirier Sports and Leisure Complex** in **Rink 3** located at 633 Poirier St, Coquitlam, BC.

**Level: Pre-Power Tuesday**

**Tuesday 5:45-6:30PM**

**Dates: Sept 12-Dec-19, 2023**

**Number of Classes: 15**

**Total Cost of program: \$306.00**

**Spots are limited**

**Plus a Skate Canada BC/YK Fee of \$58.65**

**Level: Pre-Power Thursday**

**Thursday 5:45-6:30PM**

**Dates: Sept 14- Dec 21, 2023**

**Number of Classes: 15**

**Total Program Cost: \$306.00**

**Spots are limited**

**Plus a Skate Canada BC/YK Fee of \$58.65**

The Skate Canada Fee is paid annually once from Sept 1, 2023 to Aug 31, 2024 and must be included with your program.

**Pre -Power Skating Registration  
Power Skating Registration  
Information and Payment for  
Winter 2023**

**Registration and payment will be done online through the skating club Uplifter program.**

1. Go to "register now" from CSC website [www.skatecoquitlam.com](http://www.skatecoquitlam.com)
2. Click "LOGIN" (upper right corner)
3. Follow steps to create an account.
4. Add participant(s) - your child's name.
5. Now you're ready to register. Click Power Skating tab and choose your sessions. Payments can be made in installments on uplifter.

**For any other information on registration on uplifter contact:**

**[info@skatecoquitlam.com](mailto:info@skatecoquitlam.com)**

**The Program Director**

Bruno Delmaestro has a strong background in skating, having been a three-time Italian National Figure Skating Champion, European and World Competitor, and a hockey player. He has been able to transfer this success to his coaching and has been training hockey players, figure skaters and coaches for the past 38 years. He has developed his own theory and methods for teaching hockey, ringette, and figure skaters. He is NCCP Level 4 certified in figure skating, and Level 2 in Hockey

Bruno has worked with many different minor hockey associations who have used his skating programs. Some of the players he has trained have played junior level hockey in Canada and received university hockey scholarships. Recently, players he has coached have been selected to play on Team Canada, NHL, WHL, BCHL. In 1999, 2001 and 2006 he was selected as the Competitive Coach of the Year by the British Columbia and Yukon Section of Skate Canada.