



Family Physio Sport Conditioning and Wellness Centre

DISCOVER YOUR
STRENGTH

Endless Ice Skate Treadmill Spring/ Summer Programs

The exciting new state of the art Endless Ice Skate Treadmill is an indoor training tool that helps improve an athlete's skating ability, strength, stride mechanics, stick handling skills and endurance. The machine is designed in such a way to benefit athletes ranging in age and ability from an eight year old beginner to an NHL caliber player.

These newly established programs are designed to be completed within 6 to 8 weeks and range from anywhere between 2 to 3 skating sessions per week. Completing 2 to 3 sessions per week throughout the summer is the ideal in order for athletes to prepare for their upcoming seasons.

The program costs are as follows:



Endless Ice Programs (1 Hour Session = 4 users per hour)		
Fall and Winter (Sept. 1- March 31)	6 Sessions per user	\$150.00
Fall and Winter	12 Sessions per user	\$270.00
Fall and Winter	18 Sessions per user	\$370.00
Spring and Summer (April 1-Aug. 31)	6 sessions per user	\$190.00
Spring and Summer	12 Sessions per user	\$370.00
Spring and Summer	18 Sessions per user	\$520.00

By participating in these skating programs athletes can expect to go through 3 different phases of development:

Phase 1: Mechanics:

The athletes will go through a wide range of drills to address and correct the mechanics of their stride.

Phase 2: Strength and Endurance:

In this program the intensity will increase in intervals and the focus will shift to drills where the athletes will use mechanics to physically and mentally push themselves, build strength and improve anaerobic tolerance (endurance).

Phase 3: Incorporating Stick Handling Skills and Off-Balance Training:

In this phase the athletes build on the previous two phases. The athletes participate in a number of drills that improve their hand-eye coordination, balance, and puck control.



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