



# Glengarry Skating Club

The only Skate Canada program in Penticton

[www.glengarryfsc.com](http://www.glengarryfsc.com) 250-486-0244

- > Teaching skating for 60+ years
- > Ages 3 & up
- > NCCP Certified Coaches
- > Register online at [www.glengarryfsc.com](http://www.glengarryfsc.com)

CLASSES FOR EVERYONE!

- Learn to Skate
- Learn to Skate Tots
- Power Skating

Spring classes start April 4th

Image credit © Skate Canada /Stephan Potopnyk

## SPRING 2022; April 4 – June 9

### All classes at the Okanagan Hockey Training Centre

**LEARN-TO-SKATE TOTS with PRECANSKATE; 30min class; 3&4 years old;** Introduces young children to skating in a fun environment - Teaches the basics of balance, falling & getting up, forward & backward movement - Parents are not required to be on the ice - Class led by an NCCP Certified Professional Coach - Coaches are assisted by trained Program Assistants

Mondays; 5:15pm – 5:45pm; 8 classes; \$88 (no class Apr 18, May 23)

Tuesdays; 5:15pm – 5:45pm; 9 classes; \$99 (no class May 24)

Thursdays; 5:15pm – 5:45pm; 9 classes; \$99 (no class May 26)

**LEARN-TO-SKATE with CANSKATE; 40min class; 5-12 years old;** Skate Canada's flagship Learn-to-Skate program - Focus on fun, participation & basic skill development - Group lesson format - Class led by an NCCP Certified Professional Coach - Skaters progress at their own rate - Coaches are assisted by trained Program Assistants

Mondays; 5:15pm – 5:55pm; 8 classes; \$112 (no class Apr 18, May 23)

Tuesdays; 5:15pm – 5:55pm; 9 classes; \$126 (no class May 24)

Thursdays; 5:15pm – 5:55pm; 9 classes; \$126 (no class May 26)

**POWER SKATING with CANPOWERSKATE; 40min class; 8-13 years old;** Classes are broken down into 3 time slots; (1) 10min warm-up, (2) 25min skills & drills, (3) 5 min cool-down - Focus on balance, power, agility, speed, endurance - Geared to hockey & ringette players - Emphasis on how skills apply to game situations - Skills, techniques & conditioning taught in a progressive format - NCCP Certified Professional Coaches

**Please note: THIS IS NOT A LEARN-TO-SKATE CLASS - SKATERS SHOULD ALREADY BE ABLE TO STRIDE FORWARD, SKATE BACKWARD, & STOP ON THEIR OWN (Full gear & stick required)**

Wednesdays; 5:15pm – 5:55pm; 9 classes; \$162 (no class May 25)

PLEASE NOTE – ALL SKATERS ARE REQUIRED TO PAY AN ANNUAL \$48.00 FEE FOR SKATE CANADA MEMBERSHIP & INSURANCE (SEP 2021-AUG 2022). THIS FEE WILL BE ADDED THE FIRST TIME A SKATER REGISTERS TO ONE OF OUR PROGRAMS.