



Glengarry Skating Club

www.glengarryfsc.com

250-486-0244

Teaching skating for 60+ years
 Ages 3 & up
 NCCP Certified Coaches
 All classes at McLaren Park Arena
 Ongoing, pro-rated registration



Image credit © Skate Canada /Stephan Potopnyk

LEARN-TO-SKATE TOTS with PRECANSKATE (3&4 years old - 30min class)

Introduces young children to skating in a fun environment - Teaches the basics of balance, falling & getting up, forward & backward movement - Supervised by NCCP Certified Professional Coaches - Coaches are assisted by trained Program Assistants -

Fall 2018; September 24 – December 20

Mondays; 5:30pm – 6:00pm; 11 classes (no class Oct 8, Nov 12); \$88

Tuesdays; 5:00pm – 5:30pm; 13 classes; \$104

Thursdays; 5:15pm – 5:45pm; 13 classes; \$104

Saturdays; 9:30am – 10:00am; 10 classes (no class Oct 20, Nov 24); \$80

Winter 2019; January 7 – March 14

Mondays; 5:30pm – 6:00pm; 9 classes (no class Feb 11); \$72

Tuesdays; 5:00pm – 5:30pm; 10 classes; \$80

Thursdays; 5:15pm – 5:45pm; 10 classes; \$80

Saturdays; 9:30am – 10:00am; 7 classes (no class Feb 16, Mar 2); \$56

To register:

- Go to www.glengarryfsc.com

- Set up your family account, and list your skater(s) as a 'Participant'

- Register for your chosen class(es)

- Go to your shopping cart and select your payment option of choice

LEARN-TO-SKATE with CANSKATE (5-12 years old - 45min class)

Skate Canada's flagship Learn-to-Skate program - Focus on fun, participation & basic skill development - Group lesson format - Class led by NCCP Certified Professional Coaches - Skaters progress at their own rate - Coaches are assisted by trained Program Assistants -

Fall 2018; September 24 – December 20

Mondays; 5:30pm – 6:15pm; 11 classes (no class Oct 8, Nov 12); \$121

Tuesdays; 5:00pm – 5:45pm; 13 classes; \$143

Thursdays; 5:15pm – 6:00pm; 13 classes; \$143

Saturdays; 9:30am – 10:15am; 10 classes (no class Oct 20, Nov 24); \$110

Winter 2019; January 7 – March 14

Mondays; 5:30pm – 6:15pm; 9 classes (no class Feb 11); \$99

Tuesdays; 5:00pm – 5:45pm; 10 classes; \$110

Thursdays; 5:15pm – 6:00pm; 10 classes; \$110

Saturdays; 9:30am – 10:15am; 7 classes (no class Feb 16 & Mar 2); \$77

Fall18 – Classes start Sep 24th
 Winter19 – Classes start Jan 7th
 5% EarlyBird discount on all registrations before Sept 1st!

POND HOCKEY with CANPOWERSKATE (6-12 years old - 45min class) Please note: SKATERS SHOULD ALREADY BE ABLE TO STRIDE FORWARD, MOVE BACKWARD, & STOP ON THEIR OWN – FULL GEAR REQUIRED – IF YOUR SKATER HAS BEEN WITH OUR CANSKATE PROGRAM, THEY SHOULD BE FINISHED STAGE 1 BEFORE THEY MOVE INTO THIS PROGRAM

For skaters who are; (A) not ready for the commitment of minor hockey, (B) registered with minor hockey but looking for extra ice time and coaching - Classes are broken down into 3 time slots; (1) 5min warm-up, (2) 30min skills & drills, (3) 10min games/scrimmage - 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 -

Drop-In available for \$20/class + \$37.00 (SC Membership & Insurance Sep 2018-Aug 2019)

Fall 2018; September 25 – December 18

Tuesdays; 6:00pm – 6:45pm; 13 classes; \$182

Winter 2019; January 8 – March 12

Tuesdays; 6:00pm – 6:45pm; 10 classes; \$140

ADULT SKATING (16+ years old - 60min session) Please note: THIS IS ICE TIME ONLY, THERE IS NO INSTRUCTION INCLUDED – COACHING IS AVAILABLE, BUT MUST BE BOOKED AHEAD OF TIME WITH OUR HEAD COACH – PLEASE CONTACT BY EMAIL OR PHONE

This session is designed with two types of skaters in mind; (A) Previous figure skaters who would like to get back on the ice for fun or exercise. If public skates and the limitations of them aren't for you, come out and join us. Skate backwards, do some spins & spirals, or (if you have the courage) try that 1 Axel again. Coaching available (for a fee) upon request. (B) Adults who would like some learn-to-skate instruction. Our coaches can be booked (for a fee) and are happy to help you progress at your own speed towards whatever goals you have in mind.

Drop-In available for \$10/session + \$37.00 (SC Membership & Insurance Sep 2018-Aug 2019)

Fall 2018; September 27 – December 20

Thursdays; 7:30pm – 8:30pm; 13 sessions; \$104

Winter 2019; January 10 – March 14

Thursdays; 7:30pm – 8:30pm; 10 sessions; \$80

PLEASE NOTE – ALL SKATERS ARE REQUIRED TO PAY AN ANNUAL \$37.00 FEE FOR SKATE CANADA MEMBERSHIP & INSURANCE (SEP 2018-AUG 2019). THIS FEE WILL BE ADDED THE FIRST TIME A SKATER REGISTERS TO ONE OF OUR PROGRAMS.