



# 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

## **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 – Class led by NCCP Certified Professional Coaches - Coaches are assisted by trained Program Assistants

**Fall 2019; September 23 – December 19**

Mondays; 4:15pm – 4:45pm; 11 classes (no class Oct 14, Nov 11); \$88

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

Thursdays; 5:00pm – 5:30pm; 12 classes (no class Oct 31); \$96

Saturdays; 9:30am – 10:00am; 10 classes (no class Oct 19, Nov 23); \$80

**Winter 2020; January 6 – March 13**

Mondays; 4:15pm – 4:45pm; 9 classes (no class Feb 17); \$72

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

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

Saturdays; 9:30am – 10:00am; 7 classes (no class Feb 8, Mar 7); \$56

### **To register:**

- Go to [www.glengarryfsc.com](http://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 2019; September 23 – December 19**

Mondays; 4:15pm – 5:00pm; 11 classes (no class Oct 14, Nov 11); \$132

Tuesdays; 5:15pm – 6:00pm; 13 classes; \$156

Thursdays; 5:00pm – 5:45pm; 12 classes (no class Oct 31); \$144

Saturdays; 9:30am – 10:15am; 10 classes (no class Oct 19, Nov 23); \$120

**Winter 2020; January 6 – March 13**

Mondays; 4:15pm – 5:00pm; 9 classes (no class Feb 17); \$108

Tuesdays; 5:15pm – 6:00pm; 10 classes; \$120

Thursdays; 5:00pm – 5:45pm; 10 classes; \$120

Saturdays; 9:30am – 10:15am; 7 classes (no class Feb 8 & Mar 7); \$84

**Fall19 – Classes start Sep 23<sup>rd</sup>**  
**Winter20 – Classes start Jan 6<sup>th</sup>**  
**5% EarlyBird discount on all registrations before Sept 1<sup>st</sup>!**

## **CANPOWERSKATE (8-12 years old) & ADULTPOWERSKATE (18+ years old) - 55min class** - Please note: SKATERS SHOULD ALREADY BE ABLE TO STRIDE FORWARD, SKATE BACKWARD, & STOP ON THEIR OWN – FULL GEAR REQUIRED – IF YOUR SKATER HAS BEEN WITH OUR CANSKATE PROGRAM, THEY SHOULD BE FINISHED STAGE 3 BEFORE THEY MOVE INTO THIS PROGRAM

For skaters who are looking for extra ice time and coaching - Classes are broken down into four time slots; (1) 10min warm-up, (2) 30min skills & drills, (3) 10min development, (4) 5min 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

**Drop-In available for \$25/class + \$48.00 (SC Membership & Insurance Sep 2019-Aug 2020)**

**Fall 2019; September 23 – December 19**

Thursdays; 7:35pm – 8:30pm; 12 classes (no class Oct 31); \$216

**Winter 2020; January 6 – March 13**

Thursdays; 7:35pm – 8:30pm; 10 classes; \$180

## **ADULT SKATING (16+ years old) - 60min session** - Please note: This class consists of a 20min coach led warmup and instruction time, followed by 40min of freeskate time. Our coaches can be booked (for an additional fee) during the freeskate time, and are happy to help you progress at your own pace towards whatever goals you have in mind.

This session is designed with two types of skaters in mind; (A) Adults who would like some learn-to-skate instruction. (B) 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.

**Drop-In available for \$15/session + \$48.00 (SC Membership & Insurance Sep 2019-Aug 2020)**

**Fall 2019; September 23 – December 19**

Tuesdays; 7:30pm – 8:30pm; 13 sessions; \$156

**Winter 2020; January 6 – March 13**

Tuesdays; 7:30pm – 8:30pm; 10 sessions; \$120

**PLEASE NOTE – ALL SKATERS ARE REQUIRED TO PAY AN ANNUAL \$48.00 FEE FOR SKATE CANADA MEMBERSHIP & INSURANCE (SEP 2019-AUG 2020). THIS FEE WILL BE ADDED THE FIRST TIME A SKATER REGISTERS TO ONE OF OUR PROGRAMS.**