



Glengarry Skating Club

TEACHING PENTICTON TO SKATE SINCE 1953

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 2021; September 27 – December 16

Mondays; 4:10pm – 4:40pm; 11 classes (no class Oct 11); \$110
 Tuesdays; 4:55pm – 5:25pm; 12 classes; \$120
 Thursdays; 4:55pm – 5:25pm; 10 classes (no class Sep30, Nov 11); \$100
 Saturdays; 9:35am – 10:05am; 9 classes (no class Oct 16, Nov 27); \$90

Winter 2022; January 4 – March 17

Mondays; 4:10pm – 4:40pm; 9 classes (no class Feb 21); \$90
 Tuesdays; 4:55pm – 5:25pm; 11 classes; \$110
 Thursdays; 4:55pm – 5:25pm; 11 classes; \$110
 Saturdays; 9:35am – 10:05am; 8 classes (no class Feb 5, Mar 5); \$80

LEARN-TO-SKATE with CANSKATE (5-12 years old) - 40min 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 2021; September 27 – December 16

Mondays; 4:10pm – 4:50pm; 11 classes (no class Oct 11); \$132
 Tuesdays; 4:55pm – 5:35pm; 12 classes; \$144
 Thursdays; 4:55pm – 5:35pm; 10 classes (no class Sep 30, Nov 11); \$120
 Saturdays; 9:35am – 10:15am; 9 classes (no class Oct 16, Nov 27); \$108

Winter 2022; January 4 – March 17

Mondays; 4:10pm – 4:50pm; 9 classes (no class Feb 21); \$108
 Tuesdays; 4:55pm – 5:35pm; 11 classes; \$132
 Thursdays; 4:55pm – 5:35pm; 11 classes; \$132
 Saturdays; 9:35am – 10:15am; 8 classes (no class Feb 5 & Mar 5); \$96

CANPOWERSKATE (8-12 years old) & ADULTPOWERSKATE (18+ years old) - 50min 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 three time slots; (1) 10min warm-up, (2) 35min skills & drills, (3) 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 2021-Aug 2022)

Fall 2021; September 27 – December 16

Thursdays; 7:40pm – 8:30pm; 10 classes (no class Sep 30, Nov 11); \$180

Winter 2022; January 4 – March 17

Thursdays; 7:40pm – 8:30pm; 11 classes; \$198

ADULT SKATING (16+ years old) - 50min session - Please note: This class consists of a 20min coach led warmup and instruction time, followed by 30min of freeskate time. Our coaches are floating & available 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.

Drop-In available for \$20/session + \$48.00 (SC Membership & Insurance Sep 2021-Aug 2022)

Fall 2021; September 27 – December 16

Tuesdays; 7:40pm – 8:30pm; 11 sessions; \$192

Winter 2022; January 4 – March 17

Tuesdays; 7:40pm – 8:30pm; 11 sessions; \$176

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.

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 method

**Registration for all classes
 opens Tues, Aug 3, 2021
 Fall21 – Classes start Sep 27th
 Winter22 – Classes start Jan 4th**