



# Glengarry Skating Club

TEACHING PENTICTON TO SKATE SINCE 1953

[www.glengarryfsc.com](http://www.glengarryfsc.com)

250-486-0244

Teaching skating for 65+ 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 2022; September 26 – December 16**

Mondays; 4:10pm – 4:40pm; 10 classes (no class Oct 10, Oct31); \$110

Tuesdays; 4:55pm – 5:25pm; 12 classes; \$132

Thursdays; 4:55pm – 5:25pm; 12 classes; \$132

Saturdays; 9:35am – 10:05am; 9 classes (no class Oct15, Nov26); \$99

**Winter 2023; January 3 – March 16**

Mondays; 4:10pm – 4:40pm; 9 classes (no class Feb 20); \$99

Tuesdays; 4:55pm – 5:25pm; 11 classes; \$121

Thursdays; 4:55pm – 5:25pm; 11 classes; \$121

Saturdays; 9:35am – 10:05am; 8 classes (no class Jan28, Mar4); \$88

### 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 method

## 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 2022; September 26 – December 16**

Mondays; 4:10pm – 4:50pm; 10 classes (no class Oct 10, Oct31); \$140

Tuesdays; 4:55pm – 5:35pm; 12 classes; \$168

Thursdays; 4:55pm – 5:35pm; 12 classes; \$168

Saturdays; 9:35am – 10:15am; 9 classes (no class Oct15, Nov26); \$126

**Winter 2023; January 3 – March 16**

Mondays; 4:10pm – 4:50pm; 9 classes (no class Feb 20); \$126

Tuesdays; 4:55pm – 5:35pm; 11 classes; \$154

Thursdays; 4:55pm – 5:35pm; 11 classes; \$154

Saturdays; 9:35am – 10:15am; 8 classes (no class Jan28, Mar4); \$112

### Registration for all classes

opens Tue, Aug 2, 2022

Fall22 – Classes start Sep 26<sup>th</sup>

Winter23 – Classes start Jan 3<sup>rd</sup>

## CANPOWERSKATE (8-13 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 – THESE 2 CLASSES SHARE THE SAME ICE & COACHING

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

**Fall 2022; September 26 – December 16**

Thursdays; 7:40pm – 8:30pm; 12 classes; \$228

**Winter 2023; January 3 – March 16**

Thursdays; 7:40pm – 8:30pm; 11 classes; \$209

## TEEN & ADULT SKATING (14+ years old) - This class consists of a coach led warmup and instruction time, followed by 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.

**Fall 2022; September 26 – December 16**

Tuesdays; 7:40pm – 8:30pm; 12 sessions; \$204; Level – basic to advanced (25min instruction + 25min freeskate)

Fridays; 2:30pm – 3:25pm; 8 sessions (no class Sep30, Oct14, Nov11, Nov25); \$136; Level – Star1 minimum (25min instruction + 30min freeskate)

**Winter 2023; January 3 – March 16**

Tuesdays; 7:40pm – 8:30pm; 11 sessions; \$187; Level – basic to advanced (25min instruction + 25min freeskate)

Fridays; 2:30pm – 3:25pm; 8 sessions (no class Jan27, Mar3); \$136; Level – Star1 minimum (25min instruction + 30min freeskate)

**PLEASE NOTE – ALL SKATERS ARE REQUIRED TO PAY AN ANNUAL \$49.00 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.**