



Glengarry Skating Club
The only Skate Canada program in Penticton
www.glengarryfsc.com 250-486-0244

> Teaching skating for 60+ years
> Ages 3 & up
> NCCP Certified Coaches
> Register online at www.glengarryfsc.com

CLASSES FOR EVERYONE!

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

Spring starts April 24th

Image credit © Skate Canada /Stephan Potopnyk

SPRING 2023; April 24 – June 23

Classes at the Okanagan Hockey Training Centre & Memorial Arena

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; 7 classes; \$84 (no class May22, May29)

Tuesdays; 5:15pm – 5:45pm; 8 classes; \$96 (no class May30)

Thursdays; 5:15pm – 5:45pm; 7 classes; \$84 (no class May11, Jun1)

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; 7 classes; \$98 (no class May22, May29)

Tuesdays; 5:15pm – 5:55pm; 8 classes; \$112 (no class May30)

Thursdays; 5:15pm – 5:55pm; 7 classes; \$98 (no class May11, Jun1)

POWER SKATING with POWERSKATE; 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; 8 classes; \$152 (no class May31)

PLEASE NOTE – ALL SKATERS ARE REQUIRED TO PAY AN ANNUAL \$49.00 FEE FOR SKATE CANADA MEMBERSHIP & INSURANCE (SEP 2022-AUG 2023). THIS FEE WILL BE ADDED THE FIRST TIME A SKATER REGISTERS TO ONE OF OUR PROGRAMS.