



Glengarry Skating Club

TEACHING PENTICTON & AREA TO SKATE
SINCE 1953

www.glengarryfsc.com

250-486-0244

Teaching skating for 70+ 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 *PLEASE NOTE – PreCanSkate classes begin 2 weeks after our regular CanSkate classes

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 2023; October 10 – December 14

Mondays; 4:00pm – 4:30pm; 9 classes (no class Sep25, Oct2, Oct9); \$99

Tuesdays; 5:00pm – 5:30pm; 9 classes (no class Sep26, Oct3, Oct31); \$99

Thursdays; 5:00pm – 5:30pm; 10 classes (no class Sep28, Oct 5); \$110

Saturdays; 9:35am – 10:05am; 6 classes (no class Sep30, Oct7, Oct14, Nov11, Nov25); \$66

Winter 2024; January 16 – March 14

Mondays; 4:00pm – 4:30pm; 7 classes (no class Jan1, Jan8, Jan15, Feb19); \$77

Tuesdays; 5:00pm – 5:30pm; 9 classes (no class Jan2, Jan9); \$99

Thursdays; 5:00pm – 5:30pm; 9 classes (no class Jan4, Jan11); \$99

Saturdays; 9:35am – 10:05am; 6 classes (no class Jan6, Jan13, Feb10, Mar9); \$66

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

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 2023; September 25 – December 14

Mondays; 4:00pm – 4:40pm; 11 classes (no class Oct9); \$154

Tuesdays; 5:00pm – 5:40pm; 11 classes (no class Oct31); \$154

Thursdays; 5:00pm – 5:40pm; 12 classes; \$168

Saturdays; 9:35am – 10:15am; 7 classes (no class Sep30, Oct14, Nov11, Nov25); \$98

Winter 2024; January 2 – March 14

Mondays; 4:00pm – 4:40pm; 9 classes (no class Feb19); \$126

Tuesdays; 5:00pm – 5:40pm; 11 classes; \$154

Thursdays; 5:00pm – 5:40pm; 11 classes; \$154

Saturdays; 9:35am – 10:15am; 8 classes (no class Feb10, Mar9); \$112

**Registration for all classes
opens Tue, Aug 8, 2023**

**Fall23 – Classes start Sep 25th
Winter24 – Classes start Jan 2nd**

POWERSKATE (8-13 years old) & ADULTPOWERSKATE (18+ years old) - 45min 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) 20min 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

Fall 2023; September 25 – December 14

Thursdays; 7:45pm – 8:30pm; 12 classes; \$228

Winter 2024; January 2 – March 14

Thursdays; 7:45pm – 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 2023; September 25 – December 14

Tuesdays; 7:45pm – 8:30pm; 11 sessions (no session Oct31); \$187 (20min instruction + 25min freeskate)

Winter 2024; January 2 – March 14

Tuesdays; 7:45pm – 8:30pm; 11 sessions; \$187 (20min instruction + 25min freeskate)

PLEASE NOTE – ALL SKATERS ARE REQUIRED TO PAY AN ANNUAL \$61.00 FEE FOR SKATE CANADA MEMBERSHIP & INSURANCE (SEP 2023-AUG 2024). THIS FEE WILL BE ADDED THE FIRST TIME A SKATER REGISTERS TO ONE OF OUR PROGRAMS.