

KELOWNA SKATING CLUB

FALL 2010 SKATING CLASSES

September – December 2010

WELCOME to the Kelowna Skating Club's 2009 Fall Recreational skating programs. We are sure you will find a class to suit your skating needs. All the skating classes are taught by 'Skate Canada' Certified Professional Coaches. The CanSkate sessions are fortunate to also have extra help from some of our test and competitive skaters who are certified 'Skate Canada' Program Assistants.

CANSKATE – 'TOTS' (Learn-To-Skate)

The focus of this Program is to teach 3 - 5 year olds (in age appropriate classes) how to skate within a relaxed & fun atmosphere. Groups are kept small, so that individual attention can be given to the skaters. Please ensure 3 year olds are able to "walk on the floor in skates" prior to registering.

DAY:	TIME:	ARENA:	AGE:	FEES:
Monday*	4:00-4:30 pm	CNC (9 wks)	3 yrs	\$95
Monday*	4:30-5:00pm	CNC (9 wks)	4 yrs	\$95
Monday*	5:00-5:30 pm	CNC (9 wks)	5 yr	\$95
Tuesday	3:30-4:00pm	RUT W (9 wks)	4-5 yrs	\$95
Tuesday	4:00-4:30pm	RUT W (9 wks)	4-5yrs	\$95
Wednesday	3:30-4:00pm	CNC (9 wks)	3 yrs	\$95
Wednesday	4:00-4:30pm	CNC (9 wks)	4 yrs	\$95
Wednesday	4:30-5:00pm	CNC (9 wks)	4 – 5yrs	\$95
Wednesday	5:00-5:30pm	CNC (9 wks)	5 yrs	\$95
Thursday	9:15- 9:45am	CNC (9 wks)	4-5yrs	\$95
Thursday	9:45-10:15am	CNC (9 wks)	4-5 yrs	\$95
Thursday	5:15-5:45 pm	RUT W.(9 wks)	4-5 yrs	\$95
Friday	4:30-5:00pm	CNC (9 wks)	4 yrs	\$95
Friday	5:00-5:30pm	CNC (9 wks)	4-5 yrs	\$95
Saturday	9:00-9:30am	CNC (9 wks)	4-5 yrs	\$95
Saturday	10:30-11:00am	CNC (9 wks)	4-5 yrs	\$95
Saturday	11:00-11:30am	CNC (9 wks)	4-5 yrs	\$95

**** Tot Canskate Programs commence week of October 12/10**

- Mondays Commence Oct 18/10 – No Skating on Thanksgiving

CANSKATE - Learn-To-Skate

This Learn-To-Skate Program is designed specifically for school age children 6 years & older. The fundamentals of skating emphasized include Balance, Posture, Forward and Backward skating, Stopping, Turning, Spinning, Jumping and the Four Basic Edges. Participants earn badges while learning basic skating skills.

The CanSkate Learn-To-Skate classes are for skaters working on Stage 1 thru Stage 7 of the CanSkate Badge Program.

FALL CANSKATE – Sept 20-Dec 18/10

DAY:	TIME:	ARENA:	FEES:
Monday	5:00-5:45pm	CAPITAL NEWS CENTRE (12 wks)	\$135
Tuesday	3:45-4:30pm	RUTLAND WEST (12 wks)	\$135
Wednesday	5:15-6:00pm	CAPITAL NEWS CENTRE (12 wks)	\$135
Thursday	5:45-6:30pm	RUTLAND WEST (12 wks)	\$135
Saturday	9:30-10:15am	CAPITAL NEWS CENTRE (12 wks)	\$135

CANSKATE YOUTH – 9-12 years

This program follows the Canskate Learn-to-Skate as above, but is specifically for skaters in the 9-12 yr age group.

DAY:	TIME:	ARENA:	FEES:
Friday	5:45-6:30pm	CAPITAL NEWS CENTRE (10 wks)	\$135

**** Canskate Programs commence September 18/10)**

ADULT SKATE

A Skate Canada Professional Coach instructs all classes with participants grouped at their own level of skating skills. Session includes stretching and warm-up exercises, group lessons, free skating and dance. Beginners to Advanced are welcome!

DAY:	TIME:	ARENA:	FEES:
Sundays	6:15-7:00pm	PROSPERA PLACE (10 wks)	\$135

****Adult Skate commences September 26/10**

****Please note:**

Adult Classes share ice time with TeenSkate Program

PLEASE NOTE – Fee Information:

Registration Fee includes ice, instruction, Skate Canada Membership Fee and insurance.



TEENSKATE

This Program is for skaters 13 years of age and older wishing to fine-tune their skills while learning the fundamentals of Figure Skating or progress into the 'SKATE CANADA' STARSKATE PROGRAM. Sessions include stroking, jumps, spins, field moves, skills, and dance taught in group lessons format. Skaters who have passed Stage 5 or higher may enrol in TeenSkate.

DAY:	TIME:	ARENA:	FEES:
Sundays	6:15-7:00pm	PROSPERA PLACE (10 wks)	\$135

****TeenSkate commences September 26//10**

****Please note: Teen Classes share ice time with Adult Program**

JR ACADEMY – 11yrs & under

This Level of skating is for skaters 11 yrs & under that have PASSED the Stage 4 Badge of CanSkate. Participants will receive advanced coaching in small groups, continuing to progress through the CanSkate Badges with a focus on the fundamentals of Figure Skating. Graduates of this program will be prepared to enter into the KSC Test/Competitive programs.

FALL JR ACADEMY – Sept 13-Dec 16/10

DAY:	TIME:	ARENA:	FEES:
Monday	3:30-4:15 pm	CAPITAL NEWS CENTRE (13wks)	\$150
Thursday	3:30-4:15 pm	CAPITAL NEWS CENTRE (13wks)	\$150
Mon/Thurs	(registering 2 days per wk)		\$260

CANPOWERSKATE

A Power Skating Program taught by 'Skate Canada' certified CanPowerSkate Coaches. This Program teaches skating techniques of special interest to Hockey & Ringette players & will help develop balance, power, agility and endurance. Full hockey equipment must be worn.

DAY:	TIME:	ARENA:	FEES:
7-9yrs			
Monday	6:30-7:15pm	PROSPERA PLACE (10 wks)	\$150
Tuesday	6:30-7:15pm	PROSPERA PLACE (10 wks)	\$150
10 yrs. & over			
Monday	7:15-8:00pm	PROSPERA PLACE (10 wks)	\$150
Tuesday	7:15-8:00pm	PROSPERA PLACE (10 wks)	\$150

DAY:	TIME:	ARENA:	FEES:
Adults			
Monday	8:15-9:00pm	PROSPERA PLACE (10 wks)	\$165

****Canpowerskate commences week of Sept 27/10**

Canpowerskate Registration: please register online

For information, email: tjfowler@shaw.ca

For further information, phone or email:

Kelowna Skating Club @ 250-764-6289

Email: info.ksc@gmail.com

REGISTER ON-LINE

www.kelownaskatingclub.com



SKATE & DRESS SWAP – Sat., Sept 11/10 - CNC