

KELOWNA SKATING CLUB WINTER 2012 SKATING CLASSES

January – March 2012

WELCOME to the Kelowna Skating Club's 2012 Winter 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. CSA approved HOCKEY helmets are mandatory for our CanSkate and Tots program.

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* | 3:30-4:00 pm | CNC (9 wks) | 3 yrs | \$95 |
| Monday | 4:00-4:30pm | CNC (9 wks) | 4 yrs | \$95 |
| Monday* | 4:30-5:00pm | CNC (9 wks) | 4/5 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 | 5:00-5:30 pm | RUT W (8 wks) | 4-5 yrs | \$85 |
| 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 have varied start dates – please check the schedule online at www.kelownaskatingclub.com**

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 6 of the CanSkate Badge Program.

| DAY: | TIME: | ARENA: | FEES: |
|-----------|--------------|------------------------------|-------|
| Monday | 5:00-5:45pm | CAPITAL NEWS CENTRE (9 wks) | \$117 |
| Tuesday | 3:45-4:30pm | RUTLAND WEST (10 wks) | \$130 |
| Wednesday | 5:15-6:00pm | CAPITAL NEWS CENTRE (10 wks) | \$130 |
| Thursday | 5:30-6:15pm | RUTLAND WEST (8 wks) | \$104 |
| Saturday | 9:30-10:15am | CAPITAL NEWS CENTRE (9 wks) | \$117 |

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 | 5:30-6:15pm | CAPITAL NEWS CENTRE (9 wks) | \$117 |

**** Canskate Programs have varied start dates – please check the schedule online at www.kelownaskatingclub.com**

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 (9 wks) | \$117 |

****Adult Skate commences January 8/12**

****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 (9 wks) | \$117 |

****TeenSkate commences January 8/12**

****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

| DAY: | TIME: | ARENA: | FEES: |
|-------------|--------------|--------------------------|----------|
| Mon & Thurs | 3:30-4:15 pm | CAPITAL NEWS CENTRE (19) | \$190.00 |

**** For start dates please check the schedule online at**

www.kelownaskatingclub.com

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 |
| Adults | | | |
| Monday | 8:15-9:00pm | PROSPERA PLACE (10 wks) | \$165 |

****Monday Canpowerskate commences January 9/12**

****Tuesday Canpowerskate commences January 10/12**

Canpowerskate Registration: please register online

For information, email: skatingontheedge2004@hotmail.com

For further information, phone or email:

Kelowna Skating Club @ 250-764-6289

Email: info.ksc@gmail.com

REGISTER ON-LINE

www.kelownaskatingclub.com

