

## POWER SKATE

### **CanPower Skate – for 5 – 12 year olds**

An action-packed, high-energy program, CanPower Skate provides supplemental training, with emphasis on skating skills, for hockey and ringette players.

- focuses on balance, power, agility, speed and endurance
- teaches progressive skills, techniques, and conditioning drills relevant to game situations
- participants should be able to skate the length of the rink forwards, skate the width of the rink backwards, and be able to stop on command

**GEAR:** Participants must wear full hockey / ringette equipment that is CSA approved. Bring your stick!

#### **SCHEDULE:**

##### **Stony Plain Glenn Hall Centennial Arena:**

Friday: 5:45 – 6:45 pm

#### **FEES:**

**One Session (Sept – Dec or Jan – Mar):** \$170

**Both Sessions (Sept – Mar):** \$320

One time per year registration & insurance fee: \$32

#### **FUNDRAISING:**

Raffle book or bingo per session per child to a maximum of 2 per family.



Where success begins...

## TEEN & ADULT LEARN TO SKATE

### **Teen / Adult CanSkate**

This program teaches beginners the basics of skating and allows more advanced skaters to improve their technique.

- informative sessions designed to keep you moving safely and comfortably on the ice
- small group sizes allow the program to be tailored to individual needs
- no previous skating experience necessary

**GEAR:** It is recommended all teen/adult beginner skaters wear a CSA approved hockey helmet. **NO BIKE HELMETS ALLOWED.** Dress warmly and in layers. Mittens or hockey gloves must be worn. Skates with laces should be worn – molded or ratcheted skates are not recommended.

#### **SCHEDULE:**

##### **Stony Plain Glenn Hall Centennial Arena:**

Thursday: 5:30 – 6:15 pm

#### **FEES:**

**One Session (Sept – Dec or Jan – Mar):**

1 day/week: \$110

**Both Sessions (Sept – Mar):**

1 day/week: \$198

One time per year registration & insurance fee: \$32

#### **FUNDRAISING:**

Raffle book or bingo per session per skater to a maximum of 2 per family

## SKATE WITH US!

Our programs are designed to allow all skaters to develop their personal skills while gaining confidence in their skating for figure skating, hockey, ringette, and fitness or just for fun!

We keep the FUN in Fundamentals!

The Stony Plain Skating Club offers:

- 45 years as a successful Skate Canada club
- professionally certified coaches (NCCP) coaching in a team atmosphere
- programs at the Glenn Hall Centennial Arena in Stony Plain and the TransAlta Tri Leisure Centre in Spruce Grove
- convenient ice times and affordable packages
- small group sizes and quality programs

## OUR PHILOSOPHY

The Stony Plain Skating Club is dedicated to the principle of enabling skaters to participate in skating throughout their lifetime for fun, fitness and achievement. We aim to provide quality skating instruction to all skaters in a manner that promotes obtaining personal achievement in a positive and supportive environment.

## REGISTRATION DATES

Thursday, August 25: 6 – 9 pm at TLC

Tuesday, September 6: 4 – 5:30 pm at Stony Arena

Saturday, September 10: 9:30 – 11 am at TLC

Wednesday, September 14: 4:30 – 6:00 pm at TLC

Thursday, September 15: 4 – 5:30 at Stony Arena

**Register early, as space is limited in all programs.**  
No refunds after 2<sup>nd</sup> class. Registration & insurance fee (\$30) is non-refundable. Refunds are subject to a \$15 administration fee.

STONY PLAIN SKATING CLUB

# 2011 - 2012 PROGRAM GUIDE

## Professional Instruction and Programs for Learn to Skate Learn to Figure Skate Power Skating

Serving the entire Parkland  
and surrounding area for over  
45 years

All skaters welcome

For additional information,  
contact our office:

780-909-7707

[info@stonyplainskating.ca](mailto:info@stonyplainskating.ca)

or visit

[www.stonyplainskating.ca](http://www.stonyplainskating.ca)

SKATING LESSONS

## LEARN TO SKATE

### **CanSkate (Learn to Skate) – for ages 4+**

IT ALL STARTS HERE! Our learn-to-skate program is for everyone – from first time skaters to more advanced skaters who would like to improve their technique.

- taught by certified professional coaches
- emphasis on fun, continuous movement and quality skill learning
- small groups (low skater-coach ratio) based on age and skill level
- benefits all types of skaters (recreational, figure skating, hockey and ringette) by teaching and improving both basic and advanced skating technique
- no previous skating experience necessary

**GEAR:** All CanSkaters must wear a CSA approved hockey helmet. NO BIKE HELMETS ALLOWED. Dress warmly and in layers. Mittens or hockey gloves must be worn. Skates with laces should be worn – molded or ratcheted skates are not recommended.

#### **SCHEDULE:**

##### **TransAlta Tri-Leisure Centre**

Wednesday: 6:15 – 7:00 pm  
Saturday: 11:15 am – 12:00 pm

##### **Stony Plain Glenn Hall Centennial Arena**

Tuesday: 2:00 – 2:45 pm  
Tuesday: 5:45 – 6:30 pm  
Thursday: 6:15 – 7:00 pm

We recommend 2 classes per week for optimal improvement.

#### **FEES:**

##### **One Session (Sept – Dec or Jan – Mar):**

1 day/week: \$110      3 days/week: \$297  
2 days/week: \$198      4 days/week: \$396

##### **Both Sessions (Sept – Mar):**

1 day/week: \$198      3 days/week: \$594  
2 days/week: \$396      4 days/week: \$792

One time per year registration & insurance fee: \$32

#### **FUNDRAISING:**

Raffle book or bingo per session per child to a maximum of 2 per family.

## LEARN TO FIGURE SKATE

### **Group STARSkate**

Our Group STARSkate program is designed to serve as transitional program into the STARSkate Junior Development Program. Skaters will continue to learn the important basic lessons in CanSkate as they continue to earn the CanSkate Stage badges while learning some basic figure skating skills in a group setting. The transitional program teaches skaters (ages 5+) the fundamental skills needed to become a figure skater.

#### **Program includes:**

- 1 – 10 week session CanSkate
- 1 – 10 week session of STARSkate Junior Development Group class.
- 10- minute coach-led off-ice warm-up prior to STARSkate Junior Development on-ice sessions.

Recommended: passed CanSkate Stage 3 or higher

**GEAR:** Skaters must wear figure skates and skating dresses (pants for boys) are preferred. Dress in layers (sweaters and skating tights) - no winter jackets. Helmets are still required. Mittens must be worn. Skate guards must be worn off-ice. Running shoes are required for off-ice warm-up.

#### **SCHEDULE:**

##### **Stony Plain Glenn Hall Centennial Arena:**

Thursday: 5:15 – 6:15 pm

- Skaters start with a 10-minute coach-led off-ice warm-up.
- Your choice of CanSkate session at Glenn Hall or TransAlta Tri-Leisure Centre. See CanSkate days.

#### **FEES:**

##### **One Session (Sept – Dec or Jan - Mar):**

2 days/week: \$235

##### **Both Sessions (Sept – Mar):**

2 days/week: \$450

One time per year registration & insurance fee: \$32

#### **FUNDRAISING:**

1 raffle book and 1 bingo per session per child

## LEARN TO FIGURE SKATE cont'd

### **STARSkate Junior Development**

Our STARSkate Junior Development program is designed to serve as stepping-stone into the STARSkate/Competitive figure skating programs, as well as offering an option for a recreational skater who wishes to enjoy figure skating at a leisurely pace. The transitional program teaches skaters (ages 7+) the skills needed to become a figure skater at a competitive or recreational level. The program will help skaters further develop these skills:

- goal setting
- skill development with practice after instruction - in group and individual settings
- independence and confidence

#### **Program includes:**

- weekly minimum 40 minutes of off-ice class
- 75 min of group instruction
- minimum 2 hours of ice time

Recommended: passed CanSkate Stage 4 or higher

**GEAR:** Skaters must wear figure skates and skating dresses - pants for boys. Dress in layers (sweaters and skating tights) - no winter jackets. Helmets are recommended. Mittens must be worn. Skate guards must be worn off-ice. Appropriate footwear is required for off-ice warm-up and class.

#### **SCHEDULE:**

##### **Stony Plain Glenn Hall Centennial Arena:**

Thursday: 5:15 – 6:15 pm

- Skaters start with a 10-minute coach-led off-ice warm-up or 30 – 45 min off-ice class.

##### **TransAlta Tri-Leisure Centre:**

Your choice of Monday, Wednesday or Saturday STARSkate Session.

#### **FEES: (Sept – Mar)**

2 days/week: \$550

One time per year registration & insurance fee: \$32

#### **FUNDRAISING:**

1 raffle book and 3 bingos per child

## FIGURE SKATING PROGRAMS

### **STARSkate & Competitive Skate**

The Stony Plain Skating Club provides skaters the opportunity to participate in the Skate Canada recreational STARSkate program and Competitive Figure Skating program.

Our quality figure skating program is designed to help skaters achieve maximum personal growth while realizing their skating potential. Junior, Intermediate and Senior ice times allow for a low number of skaters on each session. Extensive on-ice group sessions include edge/turn/footwork, conditioning and stroking classes. Off-ice group sessions include weekly conditioning classes as well as seminars in mental skills training. Lessons are enhanced by the use of a stationery jump harness and video camera with ice-side playback.

We also offer an hourly rate and drop-in programs for skaters not wanting the STARSkate packages. Skaters have an opportunity to work on their skills in a less intensive or shorter program (ice-times depend on skill level). Fees depend upon number of hours skated, group and off-ice programs attending. See our website for days and fees.

## PROFESSIONAL COACHING

Tracy Baron  
NCCP Level 2 Certified, NCCP Level 3 (Theory & Technical), Certified CanPowerSkate Instructor

Jordan Nielsen  
Certified CanSkate Instructor, NCCP Level 1 (Theory & Technical), University of Alberta Bachelor of Physical Education student