



TRI AREA SKATING CLUB



2019/2020 PRE-CAN/CANSKATE WELCOME NEWSLETTER

WELCOME TO THE CANSKATE PROGRAM

The Tri Area Skating Club is excited to have you aboard this season!

Our **Pre-CanSkate** is a learn-to-skate program that focuses on teaching skaters their basic skating skills, in a fun environment. This class is an introduction to skating through games, circuits, group activities, action songs, and creative expression. Skaters must be 3 yrs old by July 1, 2019

The **CanSkate Program** is a Skate Canada learn-to-skate program. Skaters earn badges/ribbons while they focus on 3 fundamental areas organized in 6 stages of learning → Agility, Balance, and Control. Music, warm-up exercises, group lessons, fun zone, fast track, and cool down periods provide an exciting and fun program. Must be 5 years old by July 1, 2019 or have passed the Pre-CanSkate Program.

The **Advanced CanSkate Program** is for those skaters wanting to continue working on their CanSkate Badges in a more challenging environment. Must have minimum of 1 - Stage 3 Ribbon. Skaters will move into this program upon approval of the Club Director and Group Programs Coordinator.

Mark your calendars for the following Theme Days & Special Events for Session 1:

Costume Day

MONDAY-OCT 28/19 **TUESDAY-OCT 29/19**

WEDNESDAY-OCT 30/19 **THURSDAY-OCT 24/19**

SATURDAY-OCT 26/19

XMAS GALA & CLUB FAMILY SKATE

DEC.13, 2019 @ Glenn Hall Arena

****DETAILS TO FOLLOW**

Pre – CanSkate will have a skill presentation for family and friends on their last class. CanSkate & Advanced CanSkate will participate in our Xmas Gala & Year End Exhibition.

Details will follow....

Our Group Program & Club Coaches:

Nicki Berg, Tanya Bray, Kathy Burzminski, Renee Caouette, Jordi Cocks, Elaine Higgins, Shanon Leggo, Christine Parker, Tara Parsons, Avery Rudnisky, Amanda Sinclair, Danielle Woolnough



ALL CANSKATE, PRE-CANSKATE PROGRAMS - EQUIPMENT, RULES, AND GUIDELINES

- **CSA Approved Hockey Helmets are MANDATORY. No Exceptions. Bicycle and ski helmets are not permitted.**
- **CANSKATE (Dress in layers, no jeans or scarves. No Snowsuits or Big Coats- They restrict movement.)**
- **PRE-CAN (Please dress in snowsuits or at least snowpants to keep warm, as they spend a lot of time on the ice. No scarves, no jeans, an no full hockey equipment)**
- **Must wear mitts or gloves. Nylon material is best. Wool sticks to the ice. Advisable not to wear hockey gloves.**
- **No food, gum, or sugar drinks permitted on the ice.**
- ***For the safety, productivity and enjoyment of all, un-sportsmanlike behavior or undesirable language will not be tolerated.***
- **Skaters are expected to stay with their assigned group at all times unless given permission from a Club Coach to leave group.**
- **For Safety, Skaters must notify a Coach before leaving the ice for any reason.**
- ***Parents are asked to observe CanSkate Sessions from the bleachers or the Lobby.***
- ******PARENTS/GUARDIANS ARE NOT TO STEP ON THE ICE AT ANY TIME.***

A REMINDER: When you purchase new skates, they must be sharpened before skating for the first time.

For more information or if you have any questions or concerns please contact:

Tri Area Skating Club

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