

Your Top-Rated Skating Club!

The **TRI AREA SKATING CLUB** is proud of its history of providing quality skating instruction. A variety of skating lessons are available by fully certified professional coaches with group or personalized training.

The Tri Area Skating Club is dedicated to the principle of enabling skaters to participate in skating throughout their lifetime for fun, fitness and achievement.

We are a non-profit organization. We welcome sponsors; please contact us how your dollars can gain advertisement for your company.

TASC reserves the right to change/cancel any sessions due to registrations. No refunds after 2nd week for all programs.



Professional Coaches

We offer nationally trained NCCP Certified coaching staff.

For any questions on coaching for Group Programs

Or to make arrangements for Private STARSkate coaching

please contact:

Tanya Bray
Head Coach & Club Director
pt.bray@hotmail.com

**ON-LINE Registration
opens Sept 1, 2022
9 AM**

www.triareaskatingclub.com

info@triareaskatingclub.com



Tri Area Skating Club

P.O. Box 3893

Spruce Grove, AB T7X 3B3

Phone: 780-201-8558

Tri Area Skating Club



Proudly Serving these Communities!

Fall 2022-2023

Sept 26 - Dec 19, 2022

Skating Program

Our Vision:

We are a family valued skating club, focused on developing the best skaters.

GROUP PROGRAMS

Sign up for 2 or more days/week and receive 10%off at checkout. (Only applies to same skater)

PRE-CANSKATE is a Learn-to-Skate class. Skaters will be introduced to the ice and learn skating basics through games, music, circuits and creative expression in a safe and fun environment. Skaters must be 3 yrs old by Sept 1. *Classes are 30 minutes.*

Mon 4:30pm (TLC)
Tues 5:45pm (GH)
Wed 6:00pm (TLC)
Sat 10:45am (TLC)

Cost: 10 Classes \$135

CANSKATE: Skate Canada's Learn-to-Skate Program. Participants earn badges/ribbons while focusing on 3 fundamental areas (Agility, Balance and Control) divided into 6 stages. Music, warm-up, lessons, fun zone, fast track and cool-down provides an exciting and fun group program. Skaters must be 5 yrs old by Sept 1 or have passed the Pre-CanSkate Program. *Classes are 45 minutes.*

Mon 5:00pm (TLC)
Tues 5:45pm (GH)
Wed 6:30pm (TLC)
Sat 11:15am (TLC)

Cost: 10 Classes \$150

ADVANCED CANSKATE: An Advanced Group Learn-to-Skate Program for those skaters wanting to continue working on their CanSkate Badges (Stage 3-6) in a more challenging environment. Skills will include crossovers, turns, 1-foot skating, jumping, and drills to enhance your speed and power. Must have minimum one Stage 3 ribbon. Skaters will move into this program upon approval of the Head Coach. *Classes are 45 minutes.*

Tues 5:15pm (TLC)
Sat 11:15am (TLC)

Cost: 10 Classes \$150

PREPOWER/CANPOWERSKATE:

Full hockey/ringette equipment recommended

PrePower skaters looking to develop basic skating abilities past the CanSkate program in a power skating-specific environment. *Classes are 45 minutes.*

Thurs 5:00pm (GH)

Cost: 10 Classes \$150

CanPowerSkate is a power skating program geared to hockey & ringette skaters focusing on techniques & conditioning skills used in game situations. *Classes are 1 hour.*

Thurs 5:45pm (GH)

Cost: 10 Classes \$170

****A CSA-approved HOCKEY HELMET is mandatory for all GROUP PROGRAMS! (Excluding Jr. Academy)**

JUNIOR ACADEMY is a Learn-to-Figure Skate Program giving skaters their first introduction to the STARSkate Program. Skaters must have completed Stage 4 Badge and approval of the Head Coach and/or Group Program Coordinator to register in this program. *Classes are 1 hour.*

Tues 5:00pm (TLC)
Fri 5:45pm (GH)
Sat 10:45am (TLC off-ice conditioning)

Cost: 10 Classes \$225

TEEN 12+ Have a Teen who would like to Learn-to-Skate or improve skating skills? We have a few options for you.

For details contact us at
info@triareaskatingclub.com

ADULT 19+ ADULT ONLY. You are welcome to just come skate or hire one of our coaches to teach you some new skills. Whether you are a recreational skater, figure skater, or hockey/ringette...we are trained to coach you & improve your skating!

STARSKATE/COMPETITIVE

Star 1-10 Levels available

See Website for Details/Pricing/Ice Schedule.

*** No Refunds after 2nd week of skating**
****\$44 Skate Canada Fee will be added to all registrations and is non-refundable**
*****Fundraising is one per skater per season**

Register Early as Spots are Limited