

## 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 2<sup>nd</sup> week for all programs.



**Skate Canada**

## Professional Coaches

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We offer nationally trained NCCP Certified coaching staff.

For any questions on coaching for Group Programs

Or to make arrangements for Private STARSkater coaching

please contact:

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

**ON-LINE Registration  
opens Dec 18, 2023  
9 AM**

[www.triareaskatingclub.com](http://www.triareaskatingclub.com)

[info@triareaskatingclub.com](mailto:info@triareaskatingclub.com)



**Tri Area Skating Club**  
P.O. Box 3893  
Spruce Grove, AB T7X 3B3  
Phone: 780-201-8558

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# Tri Area Skating Club

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*Proudly Serving these Communities!*

***Winter 2023-2024***

***Jan 8 - Mar 23, 2024***

***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)

**PRECANSKATE** 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 Jan 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 Jan 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** 5:30pm (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 complete Stage 4 Badge and approval of the Head Coach and/or Group Program Coordinator to register in this program. *Classes are 1 hour.*

**Tues** 5:15pm (TLC)  
**Fri** 5:45pm (GH)  
**Sat** 10:45am (TLC Off-Ice conditioning)

**Cost:** 10 Classes \$225 (Off-Ice included)

**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 2<sup>nd</sup> week of skating**  
**\*\*\$59 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**