

HELLO CANSKATE PARENTS!

August 2017

It's hard to believe that the summer is almost over and the children will be back to school soon! But the fantastic thing is that they will also be "back to skating".

Note the great changes made for the new skating year:

**CANSKATE** - Our nationally sanctioned learn to skate program will continue to be offered on 5 different days. As you know this program is a great foundation for figure skating or hockey and is a great dollar value – running for over 7 months! The program starts on Friday, September 15<sup>th</sup> and will run through to the end of April. As always skaters can register to skate once a week or more – and family discounts are available

**ACADEMY** - An exciting new program this season!

The Academy program is an enhanced learn to skate program designed to accelerate learning in preparation for Figure Skating.

**So if your child wants to learn to figure skate – then this is the program for them!**

Skaters must have passed Canskate Stage 3 or equivalent and must wear figure skates. This is a fully supervised program and private lessons are available. The program also includes a "dryland" session on each day. This fitness class takes place off the ice and skaters must wear comfortable clothing and running shoes. The Academy program starts Sept 5<sup>th</sup> and runs through the end of May – over 8 months long!

**CANPOWERSKATE** - back this season by popular demand! This class is designed to teach hockey and ringette players balance, speed and endurance – and all the agility skills they will need to take them to the top of their skating game! Skaters must have basic forward and backward skating skills and be able to stop! Full hockey equipment must be worn. This program begins Sept 6<sup>th</sup> and runs through Dec. 20<sup>th</sup>.

This season the Club is pleased to offer on-line registration for the Canskate program. Parents can find the instructions on our website [www.sfsc.on.ca](http://www.sfsc.on.ca) Registration for the Academy and Canpowerskate program will take place in the club office during regular office hours - but take note – these 2 programs start right when the children go back to school so don't delay!

We look forward to seeing you and your skaters again this season!

Jennifer Erner, President