

POLICIES & PROCEDURES

- Learn to Skate applicants must be at least 4 years old as of the 1st day of the term.
- Membership fee must be paid in full at Registration. Payment includes; Session Fee + HST, Skate Canada Registration Fee and Insurance Fee.
- Payments can be paid by either, Cash Cheque, Debit, Visa or MC.
- There will be no refunds once the session starts.
- There will be no substitutions of classes due to missed sessions.
- The session selected can only be changed based on space availability on other sessions.
- All skaters **MUST** wear mittens/gloves and a Skate Canada approved hockey/ice helmet. Bike helmets are NOT permitted. Skates are not allowed restaurant area upstairs. Rental skates & helmets are available for rent. \$2 for skates, \$1 for helmets each session.
- Sessions may be cancelled or re-scheduled.
- Viewing of the ice surface is permitted from the ice level. The 2nd Floor Banquet Room is not to be used during off-ice sessions or bookings..
- Power skating requires hockey helmet, gloves, stick (full gear recommended). No puck needed.

“Where Technique and Artistry become one”



BC Centre of Excellence Learn To Skate Program

The BC Centre of Excellence is sanctioned by Skate Canada and holds a high reputation in the world of Figure Skating. Our current skaters include National and International Champions as well as World and Olympic Competitors.

For more information about these programs, please contact:

LTS Director:
Alison Smith
asmith@icesports.com

Alison is NCCP level 1 certified, CanPower certified and has her level 2 NCCP theory certificate. She has previous experience as a recreation and program leader for the City of Burnaby Parks and Recreation. She has taught Canskate, CanPower, Starskate and private lessons with the Cloverdale Skating Club for many years. With a Special Education Teacher Assistant certificate from Kwantlen Polytechnic University, Alison brings strong, confident leadership to our Learn to Skate Program.

BC Centre of Excellence
604-291-0626 ext. 258

www.icesports.com/burnaby8rinks/learn-to-skate.aspx

SANCTIONED BY:



LEARN TO SKATE

Follows Skate Canada CanSkate Program

**CHILDREN
TEENS
POWER**

**WINTER Term 2
10 WEEKS**

January 9th - March 17th, 2012

Tel: 604-291-0626



PROGRAMS

Learn to Skate – Children

Follows the Skate Canada CanSkate Program, which is considered to be the essential base for Figure or Hockey Skating. The program inspires confidence and enjoyment in skating. No previous skating skill is required. Through this program, some children are selected to audition for our pre-competitive program, Junior Academy. The Junior Academy is the start of the fundamentals of competitive figure skating.

Learn to Skate - Teens & Adults

Adults & Teens 13 years and older can participate in their own group offered on select sessions. Designed to teach the fundamentals of ice skating in a positive, fun, social environment. No skating skill is required.

StarSkate Group lesson teaching the basics and fundamentals of Advanced Figure Skating. Ages 10 years and up. Must be in at least stage 5 to qualify.



Taught by CanPower certified, former Olympian Aaron Lowe! This power skating program is geared towards skaters interested in, or already playing hockey or ringette. Focusing on power, agility, speed and endurance. Skaters must be 8-12 yrs old and in stage 3 or higher in LTS or equivalent program. Full gear recommended, hockey helmet, gloves and stick mandatory

Parent and Tot Lessons A new program for tots aged 2-5 with a parent. Great opportunity for tots to get comfortable on the ice in a fun, encouraging environment with music toys and the comfort and security of having their parent with them.

Session Schedule Each class begins with a 10 minute warm up to music allowing the skaters to come on the ice and skate following the instructions of the coach. Followed by a 30 minute group lesson. There will be a short group game and information session at the end of each session.

Instructors Each group is taught by a Skate Canada/NCCP certified professional coach. They may be assisted by a Program Assistant when necessary. Program Assistants are volunteer coaches working within the program. Many are competitive figure skaters from

FORMAT

Program Basics

The first class is an introduction in which each skater is assessed and placed into the appropriate group according to their current ability. There are 6 Stages of progression, each having the following components of fundamental movement: Go Forwards, Go Backwards, Stop, Turn, Spin, Jump.

Each skater progresses at their own pace, once they complete a stage, they receive a badge and move onto the next stage to work on more advanced skills.

Every skater receives a progress report card at the end of each term.

Fun Days

Special classes take place for holidays and bring a friend day at the end of each term. More information will be distributed on Calendar hand-outs at the beginning of each term.

Toys

Toys such as balls, hoops, bean bags and cones are utilized as tools to assist in the teaching of certain skills. There are also other games, prizes, coloring contests and stickers used as incentives.

Clothing/Equipment

Skaters should be dressed in warm comfortable Clothing. Gloves, skates and helmet are mandatory.

Rentals are available— Skates \$2, Helmets \$1 per session. Please come early enough to allow time to rent skates & get ready (Cash only please). Rental room opens 15 minutes prior to each session and closes 5-10 minutes after each session.

Terms

Each skating year is divided into 4 different terms to register for. Term 1A/B: (Fall) September–December, Term 2: (Winter) January-March, Term 3: (Spring) March-June, Term 4: (Summer) June-August.

REGISTRATION

Winter 2012 SCHEDULE & FEES January 9th–March 17th, 2012

Register ONLINE:

www.icesports.com/burnaby8rinks/learn-to-skate.aspx

or by PHONE:

604-291-0626 EXT 258 or at the Canlan Office

Day	Time
Monday #1	4:30pm-5:15pm
Monday #2	5:15pm-6:00pm
Tuesday #3	5:15pm-6:00pm
Wednesday #4	4:30pm-5:15pm
Wednesday #5	5:15pm-6:00pm
Thursday #6	5:15pm-6:00pm
Saturday #7	10:45am-11:30am
Saturday #8	11:30am-12:15pm
Saturday #9	12:15pm-1:00pm
2 Days / Week	Any 2 Classes
3 Days / Week	Any 3 Classes
Parent & Tot	Sat 10:45am–11:15am, or Sat 11:15am–11:45am
Teen/Adult	M/W 5:15pm–6:00pm Sat 11:30am–12:15pm
StarSkate Call to register	M/W 4:30pm–5:15pm Tues 5:15–6:00pm

10 Weeks: Jan.9–March 17 \$120

2 classes/week (Jan. 9–Mar. 17) \$ 216

3 classes/week (Jan. 9–Mar. 17) \$ 306

Above costs subject to HST

All skaters must pay the once-a-year Skate Canada Registration Fee (insurance fee included) of \$32.65/skater.

(Registration Period: Sept. 1/11–Aug. 31/12)

