



Glengarry Skating Club

TEACHING PENTICTON & AREA TO SKATE SINCE 1953

www.glengarryfsc.com

250-486-0244

Teaching skating for 70+ years
Ages 3 & up
NCCP Certified Coaches
All classes at McLaren Park Arena
Ongoing, pro-rated registration

LEARN-TO-SKATE TOTS with PRECANSKATE (3&4 years old) – 30min class

***PLEASE NOTE – PRECANSKATE CLASSES BEGIN 2 WEEKS AFTER OUR REGULAR CANSKATE CLASSES**

Introduces young children to skating in a fun environment - Teaches the basics of balance, falling & getting up, forward & backward movement
- Class led by NCCP Certified Professional Coaches - Coaches are assisted by trained Program Assistants

Fall 2024; October 8 – December 19

Mondays; 4:35 – 5:05pm; 8 classes; \$120 (no class Sep23, Sep30, Oct7, Oct14, Nov11)

Tuesdays; 4:45 – 5:15pm; 11 classes; \$165 (no class Sep24, Oct1)

Thursdays; 4:45 – 5:15pm; 10 classes; \$150 (no class Sep26, Oct3, Oct31)

Saturdays; 9:35 – 10:05am; 8 classes; \$120 (no class Sep28, Oct5, Oct12, Nov23)

Winter 2025; January 20 – March 13

Mondays; 4:35 – 5:05pm; 7 classes; \$105 (no class Jan6, Jan13)

Tuesdays; 4:45 – 5:15pm; 8 classes; \$120 (no class Jan7, Jan14)

Thursdays; 4:45 – 5:15pm; 6 classes; \$90 (no class Jan9, Jan16, Feb6, Feb27)

Saturdays; 9:35 – 10:05am; 5 classes; \$75 (no class Jan11, Jan18, Feb8, Mar1)

To register:

- Go to www.glengarryfsc.com
- Set up your family account, and list your skater(s) as a 'Participant'
- Register for your chosen class(es)
- Go to your shopping cart and select your payment method

LEARN-TO-SKATE with CANSKATE (5-12 years old) – 40min class

Skate Canada's flagship Learn-to-Skate program - Focus on fun, participation & basic skill development - Group lesson format - Class led by NCCP Certified Professional Coaches - Skaters progress at their own rate - Coaches are assisted by trained Program Assistants

Fall 2024; September 23 – December 19

Mondays; 4:35 – 5:15pm; 10 classes; \$160 (no class Sep30, Oct14, Nov11)

Tuesdays; 4:45 – 5:25pm; 13 classes; \$208

Thursdays; 4:45 – 5:25pm; 12 classes; \$192 (no class Oct31)

Saturdays; 9:35 – 10:15am; 10 classes; \$160 (no class Oct5, Nov23)

Winter 2025; January 6 – March 13

Mondays; 4:35 – 5:15pm; 9 classes; \$144 (no class Feb17)

Tuesdays; 4:45 – 5:25pm; 10 classes; \$160

Thursdays; 4:45 – 5:25pm; 8 classes; \$128 (no class Feb6, Feb27)

Saturdays; 9:35 – 10:15am; 7 classes; \$112 (no class Feb8, Mar1)

Registration for all classes
opens Tue, Aug 6, 2024
Fall24 – Classes start Sep 26th
Winter25 – Classes start Jan 6th

TEEN & ADULT POWERSKATE (13+ years old) – 45min class

Please note: SKATERS MUST ALREADY BE ABLE TO STRIDE FORWARD, SKATE BACKWARD, & STOP ON THEIR OWN – FULL GEAR REQUIRED

For skaters who are looking for extra ice time and coaching - Focus on balance, power, agility, speed, endurance - Classes are broken down into three time slots; (1) Warm-up, (2) Skills & Drills, (3) Cool-down - Geared to hockey & ringette players - Skills, techniques & conditioning taught in a progressive format - NCCP Certified Professional Coaches

Fall 2024; September 23 – December 19

Thursdays; 7:45 – 8:30pm; 12 classes; \$240 (no class Oct31)

Winter 2025; January 6 – March 13

Thursdays; 7:45 – 8:30pm; 8 classes; \$160 (no class Feb6, Feb27)

TEEN & ADULT SKATING (13+ years old) – 45min class

This class consists of a coach led warmup and instruction time, followed by freeskate time. Our coaches are floating & available during the freeskate time, and are happy to help you progress at your own pace towards whatever goals you have in mind.

This session is designed with two types of skaters in mind;

(A) Adults who would like some learn-to-skate instruction.

(B) Previous figure skaters who would like to get back on the ice for fun or exercise. If public skates and the limitations of them aren't for you, come out and join us. Skate backwards, do some spins & spirals, or (if you have the courage) try that 1 Axel again.

Fall 2024; September 23 – December 19

Tuesdays; 7:45 – 8:30pm; 13 classes; \$234

Winter 2025; January 6 – March 13

Tuesdays; 7:45pm – 8:30pm; 10 classes; \$180

PLEASE NOTE – ALL SKATERS ARE REQUIRED TO PAY AN ANNUAL \$65.00 FEE FOR SKATE CANADA MEMBERSHIP & INSURANCE (SEP 2024-AUG 2025). THIS FEE WILL BE ADDED THE FIRST TIME A SKATER REGISTERS TO ONE OF OUR PROGRAMS.