



Quesnel Figure Skating Club



INTRODUCES



CanSkate

**TUESDAYS AND OR THURSDAYS
5:15-6:00PM**

**TO PARTICIPATE, SKATERS NEED A
CSA APPROVED HOCKEY HELMET,
SKATES & WINTER GEAR**

1 DAY/WEEK = \$143

2 DAY/WEEK = \$286

+ INSURANCE \$58.65

**REGISTRATION IS
EXTREMELY LIMITED,
REGISTER TODAY!**

QUESNELFIGURESKATINGCLUB.UPLIFTERINC.COM

Success By 6

Helping all children succeed for life.





ONLY THE BEST
can bring out their best



What is CanSkate?

CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

Who's it for?

For beginners ages 4+, anyone wishing to improve their basic skills whether their focus be for figure skating, hockey, speed skating, ringette or just skating for fun.

Who teaches it?

NCCP-trained professional coaches, assisted by trained program assistants.

What will you learn?

A complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. CanSkate uses nationally tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster.

What can you expect?

Action, movement and fun! Lessons are given in a group format with a coach-to-student ratio of a maximum 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges, ribbons and other

incentives are used to benchmark skaters' progress and reward effort and participation. See full badge collection on the bottom of this pamphlet.

WHEN!?

Tuesdays & Thursdays from 5:15-6:00pm.

Skaters have the choice to participate in a one-day or two-day program.

Need Skates?

We have skates and helmets to loan out to skaters in our programs for a small maintenance fee.

Currently we offer both hockey skates and figure skates in sizes 8-3. Fitting dates are September 23rd from 5-6pm and September 25th from 4-6pm

Cost

1 Day/week \$143 + Skate Canada Insurance of \$58.65 for a total of \$201.65

2 Days/week \$286 + Skate Canada Insurance of \$58.65 for a total of \$344.65

How do I register?

Go to <http://www.quesnelfigureskatingclub.com/> and select the register button. You will be redirected to our Uplifter registration site. You will need to create an account using your name and follow the prompts. If you need assistance, please email quesneljsc@hotmail.com



Awards / Prix

