



September 6th, 2011 – March 10th, 2012 Fees

www.inletskatingclub.com

12% DISCOUNTED RATE UNTIL Sept 30th ...applied at registration and Online.

CANSKATE

AGES: 3 - 11

CanSkate is Skate Canada's 45 minute "Learn to Skate" program. This program emphasizes fun and recreation while introducing the 7 fundamentals of the sport: skating forward, backward, stopping, turning, spinning, jumping and edges. Skaters progress at their own speed and awards/incentives are given to motivate skaters to achieve their personal best. Taught by Professional Skate Canada Certified Instructors.

Reminder: Parents please don't leave the rink during your child's lesson. Skaters must have their own skates and helmets, rentals are not available.

Monday 3:30pm - 4:15pm
Tuesday 6:30pm - 7:15pm
Thursday 6:15pm - 7:00pm
Saturday 10:00am - 10:45am

Own Skates, Warm Clothing, Gloves, Helmets Mandatory

Set 1 - 2011

Monday	12 Sep-12 Dec (13wks)	\$143
Tuesday	13 Sep-13 Dec (14wks)	\$154
Thursday	15 Sep-15 Dec (14wks)	\$154
Saturday	17 Sep-10 Dec (13wks)	\$143

Set 2 - 2012

Monday	9 Jan - 5 Mar (9wks)	\$99
Tuesday	3 Jan - 6 Mar (10wks)	\$110
Thursday	5 Jan - 8 Mar (10wks)	\$110
Saturday	7 Jan - 3 Mar (9wks)	\$99

*Skating twice per week allows skaters to improve their skills: learn and practice.

SKATING ACADEMY

AGES: 10 & UNDER

Enhanced Group Program for skaters eager and motivated to learn to figure skate, focussing on Figure Skating fundamentals. Taught by **Professional Skate Canada Certified Instructors.**

To qualify for this program, the skater must have passed CanSkate stage 3 or equivalent.

AUDITION REQUIRED / SKATING DIRECTOR APPROVAL

Monday 3:30 - 4:15pm
Off Ice 4:30 - 5:00pm

Set 1 (13wks) 12 Sep - 12 Dec \$195
Set 2 (9 wks) 9 Jan - 5 Mar \$135

Tuesday 5:45 - 6:30pm
Off Ice 6:40 - 7:10pm

Set 1 (15wks) 6 Sep - 13 Dec \$225
Set 2 (10Wks) 3 Jan - 6 Mar \$150

Thursday 5:30 - 6:15pm
Off Ice 6:25 - 6:55pm

Set 1 (15wks) 8 Sep - 15 Dec \$225
Set 2 (10wks) 5 Jan - 8 Mar \$150

*Skating Dress, Tights, Gloves
 *Helmets Until Stage 5~Canskate

*Skating 2 days per weeks Strongly Recommended

CANPOWER SKATE

AGES: 6 - 14

Group Program for Hockey/Ringette Players level 4 & higher, focussing on Balance, Control, Turning, Agility, Speed, Coordination, Stride Development, Efficiency and Endurance.

AUDITION REQUIRED / CANSKATE DIRECTOR APPROVAL

Monday 5:45pm - 6:30pm

Set 1 12 Sep-12 Dec (13wks) \$182

Set 2 9 Jan - 5 Mar (9wks) \$126

*Helmets, Stick, Gear Mandatory

OFF ICE TRAINING

Essential for the development of a skater. Classes include: Flexibility, Endurance, Rhythm, Strength, Off Ice jumps, Zumbatonic, Skating Terms & Techniques. Price is included in skating fees.

Please bring:

Running shoes, Yoga mat, Water bottle

ADULT / TEEN AGES: 11 & OVER

Session for Teens / Adults / Former skaters who want to skate with or without a coach.

Wednesday 5:15pm - 6:00pm

Set 1 7 Sep - 14 Dec (15wks) \$150.00

Set 2 4 Jan - 7 Mar (10wks) \$100.00

*Includes a 15-30 minute Instructional Group Class

GENERAL INFORMATION

Skates

Skate rentals are not available. Skaters must have their own skates and helmets.

Refunds

Will only be considered in the case of medical circumstances. Visit our website for details.

Reminder

Parents please do not leave the rink during your child's lesson.

2011 DATES TO REMEMBER

Sep 6 (Tues): Skating Academy/Teen Starts
Sep 12 (Mon): First day of CanSkate
Oct 10 (Mon): Thanksgiving – No Lessons
Oct 31: Wear your costume
Nov 11 (Fri): Remembrance Day – No Lessons
Dec: Holiday Ice Gala TBD

Inlet Skating Club Coaches

Marlena Mitchell 604.469.4007
Skating Club Director leamarlena@shaw.ca

Lorenza Sammarelli 604.809.2891
Off Ice/CanSkate Director coachlorenza@yahoo.ca

Mitchell Wallace 604.907.5136
mitch_wallace@hotmail.com

Heather Collier 604.366.1217
h.collier20@gmail.com

Maddy Begg 778.558.3233
madbegg@hotmail.com

FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE

HOW TO REGISTER

Register in person at 300 Ioco Road, Port Moody, BC or online www.inletskatingclub.com

In Person: Payment by cash or cheque made payable to "Inlet Skating Club".

Online: Visa / MC

All dishonoured cheques will be subject to an additional \$25.00 charge.

All skaters must be registered with Skate Canada & pay an annual \$32 membership fee. This fee includes insurance and is valid from September 1st to August 31st.

Registrations must be completed in full, prior to skating and include payment or will not be processed.

Registration dates for 2011:

Registration is on-going, please contact us by telephone or email.

Register online

Register at our open house on Sat Sep 10th from 9-11 AM at the Ice Rink.

CONTACT US

Club message line

604.469.4007

Club email

inletskatingclub@gmail.com

Our Registrar will get back to you as soon as possible

www.inletskatingclub.com



GROUP PROGRAMS

FALL/WINTER

September 6th, 2011 to
March 10th, 2012

Arena located at:
300 Ioco Road, Port Moody, BC



Our programs are supported by the
Province of British Columbia