

Preston Figure Skating Club: Description of Programs:

PRE-SCHOOL PROGRAM: We are offering a program geared to children 3 and 4 years of age. This is a special incentives program to encourage the skaters to progress quickly. All lessons are 25 minutes duration during the week, 1/2 hour on Sat. 10 minutes of each lesson is spent with a professional coach.

CANSKATE - LEARN TO SKATE PROGRAM: This program is for skaters to learn the basic fundamentals of skating. Upon completion of each stage the skaters will receive a badge. Recommended age is 5 years and up.

CANFIGURE SKATE - ADVANCED REC: Does your child want to be a figure skater? This is a transition program from the CanSkate program to Figure Skating. This two day program assists the skaters to learn new elements as well as develop strong working skills. The group sessions work on specific skills. On the Saturdays 2:10pm session, skaters are utilizing most of the ice, developing the quality of their control, balance, speed and posture while achieving their tasks. Professional coach: 10 mins during the group sessions; on-going during the 45 min Saturday session. Pre-Requisite: Stage 4 badge

LEARN TO SKATE HOCKEY: ... Any age. A Learn to Skate program geared toward hockey. Skaters are required to wear hockey equipment and use a stick. This program is designed to teach the skaters to move efficiently over the ice surface while wearing hockey equipment. The 50 min. are spent with a professional coach, using 1/3 of the ice surface.

Pre-requisite: Skater should be able to skate forward & backwards.

NOTE: All skaters will be evaluated and put in their appropriate skating level. This could cause a change to your skater's package. Properly fitted CSA helmets are strongly recommended for all beginners.



Program Schedules

Pre-School / Buddies on Blades (ages 3 & 4)

Wednesdays	5:10 – 5:35pm	Oct 13 – Mar 27	Preston Aud.
Wednesdays	5:35 – 6:00pm	Oct 13 – Mar 27	Preston Aud.
Wednesdays	6:10 – 6:35pm	Oct 13 – Mar 27	Karl Homuth
Wednesdays	6:35 – 7:00pm	Oct 13 – Mar 27	Karl Homuth
Thursdays	4:30 – 4:55pm	Oct 14 – Mar 27	Karl Homuth
Thursday	4:55 – 5:20pm	Oct 14 – Mar 27	Karl Homuth
Saturdays*	1:10 – 1:40pm	Oct 16 – Mar 27	Preston Aud
Saturdays*	1:40 – 2:10pm	Oct 16 – Mar 27	Preston Aud

CanSkate - Learn to Skate / Canfigure Skate – Adv. Rec.

Wednesdays	5:10 – 6:00pm	Oct 13 – Mar 27	Preston Aud
Wednesdays	6:10 – 7:00pm	Oct 13 – Mar 27	Preston Aud
Thursdays	4:30 – 5:20pm	Oct 14 – Mar 27	Karl Homuth
Saturdays*	1:10 – 2:10pm	Oct 16 – Mar 27	Preston Aud

Canfigure Skate – Adv. Rec. Only:

Saturdays*	2:10 – 2:55pm	Oct 16 – Feb 26	Preston Aud
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Learn to Skate Hockey

Wednesdays	5:45 – 6:30pm	Oct 13 – Feb 23	Karl Homuth
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Adult Program

Saturdays	7:10 – 8:30pm	Oct 16 – Feb 26	Preston Aud
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Please Note: There will be **NO SKATING** on Saturdays, Nov. 20, 2010, January 8, 15 and 22nd, 2011, due to hockey tournaments being held in the arena. The Saturday sessions are 60 minutes (10 minutes longer than our other sessions) and also three 50 minute make up sessions will be offered in January. Make up sessions sign up sheets will be available in December. This year the **annual ice show** is part of the package. This is your child's opportunity to practice approximately twice a week for the month of March with all levels of our club skaters including National Team members! There is no additional cost!!!!