

CMCA COMMUNITY SKATE PROGRAM

JANUARY / FEBRUARY 8-WEEK PROGRAMS

This year we are offering a variety of skating lessons which will take place on the far outdoor rink at the Canyon Meadows Community Center. This rink will be reserved during lesson times, to ensure participants are guaranteed prime rink space and the best coaching experience we can offer. To register in one of the below classes, you must be a registered CMCA member & complete a waiver for all participants (this will be emailed to you prior to the class start date). Classes that are cancelled due to extreme cold weather will be rescheduled as much as possible.

EVERY MONDAY (JAN 3 – FEB 21)

\$40 Beginner Learn-to-Skate (Ages 4-8): 3:30-4:00pm

- This program is for kids who are just starting out. We will learn stability on the ice while playing games. Parents are welcome to join in.

\$40 Beginner Learn-to-Skate (Ages 4-8): 4:00-4:30pm

- This program is for kids who are just starting out. We will learn stability on the ice while playing games. Parents are welcome to join in.

\$80 Skills & Drills Power Hour (Ages 8-11): 4:30-5:30pm

- Designed for younger intermediate to advanced level skaters. We will focus on speed, power, and agility, as well as puck control. Each lesson will conclude with a 20-minute game of shinny.

EVERY WEDNESDAY (JAN 5 – FEB 23)

\$40 Intermediate Learn-to-Skate (Ages 4-8): 3:30-4:00pm

- If your kids already have some experience on the ice, this one is for you. We will learn new skills such as jumping and spinning.

\$40 Intermediate Learn-to-Skate (Ages 9-13): 4:00-4:30pm

- This program is designed for older kids looking to advance their skills. We will learn to jump, spin, and improve footwork.

\$80 Skills & Drills Power Hour (Ages 12+): 4:30-5:30pm

- Designed for older individuals looking to build their skills. We will focus on speed, power, agility and puck control

All About Cat (*our amazing community skate instructor!*):

"I have been involved in the figure skating program since before I could walk. I started on skates at about 8 months of age and began lessons at 2 years of age. I was figure skating competitively by the time I started Grade 1 and started playing hockey as well as speed skating about the same time. Competitive figure skating took me to many places, from Vancouver to Winnipeg. I have competed all over western Canada and received many medals and advanced highly in the CFSA program. As part of my training, we had to teach the younger groups in the CanSkate program and I enjoyed it immensely. I also really enjoyed hockey and have played both contact and non-contact leagues for 12 years. When I played with the Glenlake Midget A Girls team and the Springbank Rockies Bantam A team, we volunteered with FlamesFest and got to skate with the Calgary Flames and play shinny with Jerome Iginla and Valeri Bure. My favorite moment on skates though, was participating in the Alberta Winter Games for speed skating. The long track course was outside in the river valley and it was beautiful. Receiving a silver medal felt pretty good too."