

## CMCA COMMUNITY SKATE PROGRAM

*This year we are offering a variety of skating lessons which will take place on the first outdoor boarded 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.*

### **DECEMBER HOLIDAY CLASSES (DEC 24, 26, 30, 31)**

#### **\$30 Beginner Learn-to-Skate (Ages 4-8): 10:00-10:30am**

- 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.

#### **\$30 Beginner Learn-to-Skate (Ages 9-13): 10:30-11:00am**

- This program is for older kids who have very limited experience on skates. We will learn stability on the ice while playing games, ice skating safety, courteous behaviour, and forward movement.

#### **\$30 Beginner Learn-to-Skate (Adults 14+): 11:15-11:45am**

- For adults who have limited to no experience on Ice Skates, or who just want some tips on improving their comfort level.

### **MONDAY LESSONS (8 WEEKS) DEC 12, 19, JAN 9, 16, 23, FEB 13, 20, 27**

#### **\$50 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.

#### **\$50 Beginner Learn-to-Skate (Ages 4-8): 4:10-4:40pm**

- 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.

#### **\$50 Intermediate Learn-to-Skate (Ages 4-8): 4:50-5:20pm**

- 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.

**WEDNESDAY LESSONS (8 WEEKS) DEC 14, 21, JAN 11, 18, 25, FEB 8, 15, 22**

**\$50 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.

**\$50 Beginner Learn-to-Skate (Ages 9-13): 4:10-4:40pm**

- This program is for older kids who have very limited experience on skates. We will learn stability on the ice while playing games, ice skating safety, courteous behaviour, and forward movement.

**\$50 Intermediate Learn-to-Skate (Ages 9-13): 4:50-5:20pm**

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

**All About Sarina (our 2023 skate instructor – you may recognize her from the Annual Haunted Halloween Yard Walk):**

Sarina is very excited to help run our 2022-2023 skating program at CMCA this year. She is a Canyon Meadows resident, loves kids and is full of energy, so dust off your skates and get ready to keep up!

**Full Name:** Sarina Johnston

**Hometown:** Calgary, AB

**Profession:** Student

**Hobbies:** Biathlon, Cadets

**Skating Club:** Lake Bonavista Figure Skating Club

**Competitions:**

- Calgary Region Star Skate Invitational
- United Cycle Sunsational
- Annual Wild Rose
- Chinook Open
- Alberta Figure Skating Foundation
- Skate Canada Okotoks
- Skate Canada Lethbridge
- BC/YK Summer skate

**Skate Canada Test Levels:**

- Free Skate Sr Bronze
- Interpretive Dance Silver
- Skating Skills Sr Silver
- Dance Jr Silver

**Competition Level:**

- Interpretive Bronze Women
- Free Skate Pre-Juvenile Women U13