

COMMUNITY

ICE SKATE PROGRAM



**CANYON
MEADOWS**
Community Association

Our ice-skating lessons take place on the outdoor rinks at the Canyon Meadows Community Association. The West boarded 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 current CMCA member. Participants are expected to come prepared for the weather, with snowpants, warm socks, hats, and mittens. Classes that are cancelled due to cold weather will be rescheduled as much as possible.

Canyon Meadows is proud to offer a FREE Skate Lending Library, with Ice Skate sizes from preschool to adult. We also have helmets & shin pads available to borrow. If you do not own your own skates, please do not let that be a factor in registering for skate lessons. Our lending library will be open for sizing 15min before lessons begin.

HOLIDAY CLASSES (DEC 27, 28, 29, 30)

\$25 Beginner Learn-to-Skate (Ages 4-8): 1:30-2:00pm

- 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.

\$25 Beginner Learn-to-Skate (Ages 9-13): 1:30-2:00pm

- 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 behavior, and forward movement.

\$25 Intermediate Learn-to-Skate (Ages 4-8): 2:15-2:45pm

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

\$25 Intermediate Learn-to-Skate (Ages 9-13): 2:15-2:45pm

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

\$25 Beginner Learn-to-Skate (Youth/Adults 14+): 3:00-3:30pm

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

MONDAY LESSONS (DEC 18, JAN 8, 15, 22, 29, FEB 5)

\$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.

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

- 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 behavior, and forward movement.

\$40 Intermediate Learn-to-Skate (Ages 4-8): 4:45-5:15pm

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

\$40 Intermediate Learn-to-Skate (Ages 9-13): 4:45-5:15pm

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

WEDNESDAY LESSONS (DEC 20, JAN 10, 17, 24, 31, FEB 7)

\$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.

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

- 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 behavior, and forward movement.

\$40 Intermediate Learn-to-Skate (Ages 4-8): 4:45-5:15pm

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

\$40 Intermediate Learn-to-Skate (Ages 9-13): 4:45-5:15pm

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

MEET OUR INSTRUCTORS:

SARINA

Sarina is very excited to help run our 2023-2024 skating program at CMCA this year. Sarina is currently in Grade 11, she is an active member of the cadets biathlon club and trained for many years with the Calalta Figure Skating Club. She has participated in many competitions, and has achieved Skate Canada Test Levels, including the Free Skate Sr Bronze, Interpretive Dance Silver, Skating Skills Sr Silver, and Dance Jr Silver. She loves kids and is full of energy, so dust off your skates and get ready to keep up!

SPARROW

Sparrow is looking forward to helping out with the 2023-2024 skating program at CMCA. Sparrow is currently in grade 10. They are part of the Bow View Ringette Association. They are excited to teach on our outdoor rinks this season, and hope that the lessons will encourage students to love skating as much as they do!

KENDRA

Kendra loves to skate and has been skating since she could walk. She played 3 years of hockey and is currently playing her 8th year of ringette. Kendra helped coach the Ringette For All program last year where she enjoyed working with kids of all ages and abilities, helping them gain skills and confidence on the ice and always meeting them where they were at. Kendra is in grade 10 and when she's not on the ice, she enjoys working with the school's technical theatre team as a set designer. She is very excited to meet you and help you improve your skating skills!

KERI

Keri has been skating for more years than you can count! She grew up playing ringette, a sport she loves and still plays to this day. Keri has coached her daughter's ringette team for the past 8 years, where she has had the opportunity to help many kids improve their skating skills. She believes in making sport fun for kids so they stay active for life and she coaches with positivity and encouragement. When she is not busy coaching, she is usually running her 3 kids around or out walking her dog.