

LEARN TO SKATE

2019 Spring/Summer Program Guide



Pre-CanSkate / CanSkate / Learn To Figure Skate /
Recreational Figure Skating / Junior Academy

Register On-Line!

Excellent Starting Point for: Hockey / Ringette / Figure Skating / General Skating

Mailing Address: P.O Box 31072, Edmonton, AB, T5Z-3P3
780-472-1810 / infofliteway@gmail.com / www.fliteway.ca
Coaching Director: Clyde Hammer hammerclyde@gmail.com

Welcome To Fliteway

Fliteway is a not-for-profit organization dedicated to providing skating opportunities to children of all ages, levels, and abilities. Located in North Edmonton, Fliteway offers a wide range of programming and services to meet all your families skating needs.

Recreational Programs

- Pre-CanSkate
- CanSkate
- Recreational Figure Skating
- Active for Life (Adult) -available in the winter only
- Programming available for skaters with special needs

Figure Skating Programs

- STAR Academy
- STAR Group
- STAR Advanced
- Junior STARSkate
- Intermediate STARSkate
- Senior STARSkate

Accelerated Programming

- STAR Academy
- STAR Group
- STAR Advanced
- Pre-Competitive Program
- Competitive Program
- High Performance Program
-

Arena Locations

- Castle Downs Arena

Club Policies

- Registration is on a first come first serve basis and must be accompanied by full payment with a registration form.
- Payments can be made by *credit card* or *cash*
- Schedules are subject to change. Please check your newsletters and notices.
- The dates given in this brochure are the skating dates for the session

Refund Policies

- No make-up classes (this is to ensure quality and consistency in our programs)
- No refunds after the 1st day of classes for CanSkate
- Skate Canada Fee is non-refundable
- Classes will be pro-rated for members beginning after the start date (no omit dates after classes have started)

Questions

- Please email Clyde Hammer at hammerclyde@gmail.com or infoliteway@gmail.com

How to Register

• Register Online

Please register online through our website. This ensures all information is correct, and up to date.

Step 1 Visit our website at www.fliteway.ca

Step 2 Determine the classes you want

Step 3 Proceed to Registration (all classes will appear)

Step 4 Input your information to set up your account, add participant(s) information

Step 5 Select your classes (choose pay now option, or pay off-line in the club office option)

• Register In-person

Please check the front page of our website for up to date office hours.

Payment Options

- Fliteway accepts credit cards or cash (no cheques please)

Financial Assistance

- Please visit our portable office for applications and information regarding financial assistance. To *reserve* your spot in the program a refundable cash deposit will be required. After Fliteway receives notice of approval from KidSport or JumpStart your cash deposit will be returned.

Skate Canada Membership Fee \$36.00

- The Skate Canada registration year begins September 1 and runs until August 31. Skate Canada sanctioned clubs are required to register all participants annually by September 1 or within two weeks of their start date. For more information regarding the Skate Canada Member and membership benefits, please visit www.skatecanada.ca

Equipment

- Skaters are required to wear approved Hockey Helmets and skates with good ankle support. Fliteway Recommends –
- United Cycle located in Old Strathcona, 4 Blocks South of Whyte Avenue at 7620 Gateway Boulevard NW, Edmonton 780.433.1181 / 1.800.361.8776 Toll Free / sports@unitedcycle.com

Skate Sharpening

- United Cycle
- Bladz Skate Shop

Pre-CanSkate (Ages 3 to 5 or first-time skaters ages 6 to 8)

Pre-CanSkate is a learn to skate program for ages 3 to 5. Pre-CanSkate is designed to give skaters a positive first experience on the ice. Skaters learn through creative activities and teaching methods which are age appropriate. This program will focus on positive reinforcement, basic skating skills, and will prepare children for Fliteway's Skating Club CanSkate Program. All sessions (classes) include a 15-minute off-ice warm-up and 30-minute on-ice instruction. Skaters will be placed in small groups according to age and skating level. **Pre-CanSkate is also for children ages 6 to 8 who have never been on skates or ice before.**

Pre-CanSkate Program (April/May, 2019)

Castle Downs Arena

Pre-Can #1	Mondays	5:45-6:30pm	April 1,8,15, □ 29 May 6,13	6 Classes	\$90.00
Pre-Can #2	Tuesdays	4:45-5:30pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
Pre-Can #3	Tuesdays	5:15-6:00pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
Pre-Can #4	Tuesdays	5:45-6:30pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
Pre-Can #5	Thursdays	5:15-6:00pm	April 11,18,25 May 2,9,16,23	7 Classes	\$105.00
Pre-Can #6	Thursdays	5:45-6:30pm	April 11,18,25 May 2,9,16,23	7 Classes	\$105.00
Pre-Can #7	Saturdays	11:00-11:45am	April 6, □, □, 27 May 4,11,18	5 Classes	\$75.00
Pre-Can #8	Saturdays	11:30-12:15pm	April 6, □, □, 27 May 4,11,18	5 Classes	\$75.00

Note (Saturday, April 6th is at Londonderry Arena) -all other dates are at Castle Downs Arena

Pre-CanSkate June Camp (June 18 to 27, 2019)

Castle Downs Arena

CanSkate #6	Tuesdays	5:45-6:30pm	June 18,25	2 Classes	\$30.00
CanSkate #7	Thursdays	5:45-6:30pm	June 20,27	2 Classes	\$30.00

Pre-CanSkate Summer Camps (July/August 2019)

Castle Downs Arena

Camp 1	Tue-Thurs	6:00-6:45pm	July 2,3,4	3 Classes	\$45.00
Camp 2	Mon-Thurs	6:00-6:45pm	July 8,9,10,11	4 Classes	\$60.00
Camp 3	Mon-Thurs	6:00-6:45pm	July 15,16,17,18	4 Classes	\$60.00
Camp 4	Mon-Thurs	6:00-6:45pm	July 22,23,24,25	4 Classes	\$60.00
Camp 5	Mon-Thurs	6:00-6:45pm	July 29,30,31 Aug 1	4 Classes	\$60.00
Camp 6	Tue-Thurs	6:00-6:45pm	Aug 6,7,8	3 Classes	\$45.00

<p style="text-align: center;">Recommendations / Equipment</p> <ul style="list-style-type: none"> • We recommend that children have at least 1 skating experience prior to the first class • Helmets MANDATORY! (Hockey style CSA approved) • Requires sharpened skates with good ankle support 	<p style="text-align: center;">Long Term Athlete Development</p> <ul style="list-style-type: none"> • Skate 1 day per week Pre-CanSkate • Skate 2 days per week CanSkate • Skate 8-10 months per year • Participate in a variety of activities including gymnastics, swimming, dance, team sports
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CanSkate (Ages 4 and up)

CanSkate is the Skate Canada flagship learn to skate program. Skaters must be able to skate independently to qualify for this program. CanSkate focuses on fun, participation, and basic skill development. All classes are taught in a group format and are led by an NCCP certified professional coach. Skaters progress at their own rate in a progressive, and sequential badge program. CanSkate is an excellent starting point for children interested in pursuing figure skating, hockey, ringette, speed skating, or just an interest in acquiring basic skating skills.

CanSkate Program (April/May 2019)

Castle Downs Arena

CanSkate #1	Mondays	5:45-6:30pm	April 1,8,15, □ 29 May 6,13	6 Classes	\$90.00
CanSkate #2	Tuesdays	5:00-5:45pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
CanSkate #3	Tuesdays	5:45-6:30pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
CanSkate #4	Thursdays	5:00-5:45pm	April 11,18,25 May 2,9,16,23	7 Classes	\$105.00
CanSkate #5	Thursdays	5:45-6:30pm	April 11,18,25 May 2,9,16,23	7 Classes	\$105.00

CanSkate June Camp (June 18 to 27, 2019)

Castle Downs Arena

CanSkate #6	Tuesdays	5:45-6:30pm	June 18,25	2 Classes	\$30.00
CanSkate #7	Thursdays	5:45-6:30pm	June 20,27	2 Classes	\$30.00

CanSkate Summer Camps (July/August 2019)

Castle Downs Arena

Camp 1	Tue-Thurs	6:00-6:45pm	July 2,3,4	3 Classes	\$45.00
Camp 2	Mon-Thurs	6:00-6:45pm	July 8,9,10,11	4 Classes	\$60.00
Camp 3	Mon-Thurs	6:00-6:45pm	July 15,16,17,18	4 Classes	\$60.00
Camp 4	Mon-Thurs	6:00-6:45pm	July 22,23,24,25	4 Classes	\$60.00
Camp 5	Mon-Thurs	6:00-6:45pm	July 29,30,31 Aug 1	4 Classes	\$60.00
Camp 6	Tue-Thurs	6:00-6:45pm	Aug 6,7,8	3 Classes	\$45.00

Recommendations / Equipment

- *We recommend that children have at least 1 skating experience prior to the first class*
- ***Helmets MANDATORY!*** (Hockey style CSA approved)
- *Requires sharpened skates with good ankle support*

Long Term Athlete Development

- *Skate 1 day per week Pre-CanSkate*
- *Skate 2 days per week CanSkate*
- *Skate 8-10 months per year*
- *Participate in a variety of activities including gymnastics, swimming, dance, team sports*

STAR Academy (Ages 5 to 11)

-former Learn To Figure Skate/Junior Academy

STAR Academy is a group Learn to Figure Skate program for higher level CanSkater's interested in pursuing the sport of Figure Skating. This customized program is designed to further develop the basic skating fundamentals and introduce skaters to figure skating specific skills. This spring we have combined both the Junior Academy and Learn to Figure Skate programs under 1 heading all called STAR Academy.

Program Requirements

- **Minimum 2 days a week commitment** *3 days for accelerated progress*
- Must be in figure skates (no recreational skates or hockey skates)
- Helmets Mandatory (until advised by the professional coach)
- Must have some CanSkate Experience (requires approval by the leading coach or coaching director)

STAR Academy (April/May, 2019)

Castle Downs Arena

LTFS	Mondays	5:00-7:00pm	April 1,8,15, □ 29 May 6,13	6 Classes	\$96.00
LTFS	Tuesdays	5:00-6:30pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$128.00
LTFS	Thursdays	5:00-6:30pm	April 11,18,25 May 2,9,16,23	7 Classes	\$112.00
LTFS	Saturdays	10:45-12:15pm	April 6, □, □, 27 May 4,11,18	5 Classes	\$80.00

Note (Saturday, April 6th is at Londonderry Arena) -all other dates are at Castle Downs Arena

STAR Academy April/May Schedule

Monday 5:00-5:45pm On-ice 5:45-6:15pm Group 6:30-7:00pm Off-ice	Tuesday 5:00-5:45pm On-ice 6:00-6:30pm Off-ice	Wednesday Private Lesson Option. Ask for details	Thursday 5:00-5:45pm On-ice 6:00-6:30pm Off-ice	Saturday 10:45-11:15am Off-ice 11:30-12:15pm On-ice
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Choose any 2 days. If registering online, please make sure to register for 2 or more days.

STAR Academy June Camp (June 18 to 27, 2019)

Castle Downs Arena

LTFS	Monday	5:45-6:30pm	June 17,24	2 Classes	\$28.00
LTFS	Wednesday	5:45-6:30pm	June 19,26	2 Classes	\$28.00
LTFS	Friday	5:45-6:30pm	June 21,28	2 Classes	\$28.00

Choose 1 to 3 days (no off-ice for June)

STAR Academy Summer Camps (July/August, 2019)

Castle Downs Arena

Camp 1	Tue-Thurs	5:15-6:45pm	July 2,3,4	3 Classes	\$48.00
Camp 2	Mon-Thurs	5:15-6:45pm	July 8,9,10,11	4 Classes	\$64.00
Camp 3	Mon-Thurs	5:15-6:45pm	July 15,16,17,18	4 Classes	\$64.00
Camp 4	Mon-Thurs	5:15-6:45pm	July 22,23,24,25	4 Classes	\$64.00
Camp 5	Mon-Thurs	5:15-6:45pm	July 29,30,31 Aug 1	4 Classes	\$64.00
Camp 6	Tue-Thurs	5:15-6:45pm	Aug 6,7,8	3 Classes	\$48.00

STAR Academy Summer Camp July/August Schedule

Monday to Thursday 5:15-5:45pm Off-ice 6:00-6:45pm On-ice	*skaters will need running shoes, water bottle
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Flexible Plan: The #1 objective is summer is keeping the kids on the ice. Choose 1 or 2 days a week for as many weeks as many weeks as you would like or book by the camp

Programs for Older Teens & Adults

Recreational Figure Skate/Active For Life (April to August, 2019)

From April to August will be combining the Recreational Figure Skating Program and Active For Life Program together under one umbrella. . These programs are perfect for teens and adults with some figure skating experience and would like to learn additional figure skating skills at a recreational level. Suitable for former figure skaters. Active for Life (Adult Figure Skaters), please register in the Recreational Program.

Program Format

- Skaters will receive approximately 30 minutes of group lesson time and 15 of practice time.

Program Requirements

- must wear figure skates

Recreational Figure Skating (April/May, 2019)

Castle Downs Arena

REC	Tuesdays	4:15-5:00pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$135.00
REC	Thursdays	4:15-5:00pm	April 11,18,25 May 2,9,16,23	6 Classes	\$90.00

1 and 2 day a week packages (min. 2 skaters each day)

June/July/August skating available if we have enough interest. Please email hammerclyde@gmail.com

Adult Learn To Skate (April to August, 2019)

Adult Learn To Skate Program (April/May, 2019)

Castle Downs Arena

Adult LTS	Mondays	5:45-6:30pm	April 1,8,15, □ 29 May 6,13	6 Classes	\$90.00
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June/July/August skating available if we have enough interest. Please email hammerclyde@gmail.com

Figure Skating (STARSkate)

For complete details regarding our figure skating program, please see our STARSkate Programming Guide.

Pre-CanSkate	• Ages 3 to 5 or first time skaters
CanSkate	• Learn to skate for all ages
STAR Academy	• Learn to figure skate
STAR Group	• Group Figure Skating Program
STAR Advanced	• Advanced Group Figure Skating Program
STARSkate	• Test and Competitive Figure Skating



**Registration Form
2019 PRE-CANSKATE & CANSKATE (April to August)**

Skater's First Name: _____ Last Name: _____

Parents Name(s) or Guardian(s): _____

Address: _____
Street City Postal Code

Phone #: _____ Emergency Phone #: _____ DOB (d/m/y) _____

Email: _____ Age in years: _____ Male/Female

Mandatory Skate Canada Membership \$36.00

LIABILITY WAIVER and RELEASE

I give permission for my child _____ to participate in the Fliteway Skating Club skating programs and/or additional activities. This includes all on-ice and off-ice sessions, and any other programs offered by Fliteway Skating Club. It is understood and agreed, as a condition of participation in skating programs offered by the Fliteway Skating Club, and Skate Canada, that neither the Club nor Skate Canada shall be liable for any injury, loss, or damage suffered by the above noted member while traveling to or from or while participating in skating practices, competitions, or other activities, however caused. The member, or his/her parent/legal guardian who has signed this form, shall indemnify the Club and Skate Canada and hold them harmless from any claims, demands or actions arising from or in respect of such injury, loss or damage. The Fliteway Skating Club has my permission to publish my child's name, picture and / or results for advertising, publicity, displays, and/or any written acknowledgment.

_____ **Yes** _____ **No**

Signature – PARENT or LEGAL GUARDIAN DATE

Signature - I AM AWARE THERE IS A NO REFUND POLICY

Please complete both sides of this form!

**~ PLEASE REGISTER ONLINE ~
if you require assistance / complete Part B of this form / see our office manager for processing**

**Registration Form Part B
PRE-CANSKATE & CANSKATE**

Credit Card Payments: Visa/MC# _____ Expiry Date: _____

Pre-CanSkate Program (April/May, 2019)

					Payment	SCM \$36.00	Total
Pre-Can #1	Mondays	5:45-6:30pm	6 Classes	\$90.00			
Pre-Can #2	Tuesdays	4:45-5:30pm	8 Classes	\$120.00			
Pre-Can #3	Tuesdays	5:15-6:00pm	8 Classes	\$120.00			
Pre-Can #4	Tuesdays	5:45-6:30pm	8 Classes	\$120.00			
Pre-Can #5	Thursdays	5:15-6:00pm	7 Classes	\$105.00			
Pre-Can #6	Thursdays	5:45-6:30pm	7 Classes	\$105.00			
Pre-Can #7	Saturdays	11:00-11:45am	5 Classes	\$75.00			
Pre-Can #8	Saturdays	11:30-12:15pm	5 Classes	\$75.00			

Note (Saturday, April 6th is at Londonderry Arena) -all other dates are at Castle Downs Arena

Pre-CanSkate June Camp (June 18 to 27, 2019)

					Payment	SCM \$36.00	Total
Pre-Can #9	Tuesdays	5:45-6:30pm	2 Classes	\$30.00			
Pre-Can #10	Thursdays	5:45-6:30pm	2 Classes	\$30.00			

Pre-CanSkate Summer Camps (July/August, 2019)

					Payment	SCM \$36.00	Total
Camp 1	Tue-Thurs	6:00-6:45pm	3 Classes	\$45.00			
Camp 2	Mon-Thurs	6:00-6:45pm	4 Classes	\$60.00			
Camp 3	Mon-Thurs	6:00-6:45pm	4 Classes	\$60.00			
Camp 4	Mon-Thurs	6:00-6:45pm	4 Classes	\$60.00			
Camp 5	Mon-Thurs	6:00-6:45pm	4 Classes	\$60.00			
Camp 6	Tue-Thurs	6:00-6:45pm	3 Classes	\$45.00			

CANSKATE

CanSkate Program (April/May, 2019)

					Payment	SCM \$36.00	Total
CanSkate #1	Mondays	5:45-6:30pm	6 Classes	\$90.00			
CanSkate #2	Tuesdays	5:00-5:45pm	8 Classes	\$120.00			
CanSkate #3	Tuesdays	5:45-6:30pm	8 Classes	\$120.00			
CanSkate #4	Thursdays	5:00-5:45pm	7 Classes	\$105.00			
CanSkate #5	Thursdays	5:45-6:30pm	7 Classes	\$105.00			

CanSkate June Camp (June 18 to 27, 2019)

					Payment	SCM \$36.00	Total
CanSkate #6	Tuesdays	5:45-6:30pm	2 Classes	\$30.00			
CanSkate #7	Thursdays	5:45-6:30pm	2 Classes	\$30.00			

CanSkate Summer Camps (July/August, 2019)

					Payment	SCM \$36.00	Total
Camp 1	Tue-Thurs	6:00-6:45pm	3 Classes	\$45.00			
Camp 2	Mon-Thurs	6:00-6:45pm	4 Classes	\$60.00			
Camp 3	Mon-Thurs	6:00-6:45pm	4 Classes	\$60.00			
Camp 4	Mon-Thurs	6:00-6:45pm	4 Classes	\$60.00			
Camp 5	Mon-Thurs	6:00-6:45pm	4 Classes	\$60.00			
Camp 6	Tue-Thurs	6:00-6:45pm	3 Classes	\$45.00			



Registration Form
2019 STAR Academy (April to August 2019)

Skater's First Name: _____ Last Name: _____

Parents Name(s) or Guardian(s): _____

Address: _____
Street City Postal Code

Phone #: _____ Emergency Phone #: _____ DOB (d/m/y) _____

Email: _____ Age in years: _____ Male/Female

Mandatory Skate Canada Membership \$36.00

LIABILITY WAIVER and RELEASE

I give permission for my child _____ to participate in the Fliteway Skating Club skating programs and/or additional activities. This includes all on-ice and off-ice sessions, and any other programs offered by Fliteway Skating Club. It is understood and agreed, as a condition of participation in skating programs offered by the Fliteway Skating Club, and Skate Canada, that neither the Club nor Skate Canada shall be liable for any injury, loss, or damage suffered by the above noted member while traveling to or from or while participating in skating practices, competitions, or other activities, however caused. The member, or his/her parent/legal guardian who has signed this form, shall indemnify the Club and Skate Canada and hold them harmless from any claims, demands or actions arising from or in respect of such injury, loss or damage. The Fliteway Skating Club has my permission to publish my child's name, picture and / or results for advertising, publicity, displays, and/or any written acknowledgment.

_____ **Yes** _____ **No**

Signature – PARENT or LEGAL GUARDIAN DATE

Signature - I AM AWARE THERE IS A NO REFUND POLICY

Please complete both sides of this form!

~ PLEASE REGISTER ONLINE ~
if you require assistance / complete Part B of this form / see our office manager for processing

Registration Form Part B

STAR Academy (April to August 2019)

Credit Card Payments: Visa/MC# _____ Expiry Date: _____

STAR Academy (April/May, 2019) -choose 2 or more days!

					Payment	SCM	Totals
STAR A	Mondays	5:00-7:00pm	6 Classes	\$96.00			
STAR A	Tuesdays	5:00-6:30pm	8 Classes	\$128.00			
STAR A	Thursdays	5:00-6:30pm	7 Classes	\$112.00			
STAR A	Saturdays	10:45-12:15pm	5 Classes	\$80.00			
						TOTAL	\$

Note (Saturday, April 6th is at Londonderry Arena) -all other dates are at Castle Downs Arena

STAR Academy June Camp (June 18 to 27, 2019)

					Payment	SCM	Totals
LTFS	Monday	5:45-6:30pm	2 Classes	\$28.00			
LTFS	Wednesday	5:45-6:30pm	2 Classes	\$28.00			
LTFS	Friday	5:45-6:30pm	2 Classes	\$28.00			
						TOTAL	\$

STAR Academy Summer Camps (July/August, 2019)

					Payment	SCM	Totals
Camp 1	Tue-Thurs	5:15-6:45pm	3 Classes	\$48.00			
Camp 2	Mon-Thurs	5:15-6:45pm	4 Classes	\$64.00			
Camp 3	Mon-Thurs	5:15-6:45pm	4 Classes	\$64.00			
Camp 4	Mon-Thurs	5:15-6:45pm	4 Classes	\$64.00			
Camp 5	Mon-Thurs	5:15-6:45pm	4 Classes	\$64.00			
Camp 6	Tue-Thurs	5:15-6:45pm	3 Classes	\$48.00			
						TOTAL	\$

***Notes: For the summer camps, skaters can choose to skate 1 or more days a week for as many weeks as they choose. For this option, please see Michelle (our office manager)**



(780) 472-1810 www.fliteway.ca
Mailing Address: PO Box 31072, Edmonton, AB, T5Z 3P3
hammerclyde@gmail.com or infofliteway@gmail.com

**Registration Form
2019 Recreational Figure Skating / Adult Programming**

Skater's First Name: _____ Last Name: _____

Parents Name(s) or Guardian(s): _____

Address: _____
Street City Postal Code

Phone #: _____ Emergency Phone #: _____ DOB (d/m/y) _____

Email: _____ Age in years: _____ Male/Female

Mandatory Skate Canada Membership \$36.00

Recreational Figure Skating (April/May, 2019)

					Payment	SCM	Totals
REC	Tuesdays	4:15-5:00pm	8 Classes	\$135.00			
REC	Thursdays	4:15-5:00pm	6 Classes	\$90.00			

Active For Life (April/May, 2019)

					Payment	SCM	Totals
REC	Tuesdays	4:15-5:00pm	8 Classes	\$135.00			
REC	Thursdays	4:15-5:00pm	6 Classes	\$90.00			

Adult Learn To Skate (April to August 2019)

Adult Learn To Skate Program (April/May 2019)

					Payment	SCM	Totals
Adult LTS	Mondays	5:45-6:30pm	6 Classes	\$90.00			

June/July/August skating available if we have enough interest. Please email hammerclyde@gmail.com

Credit Card Payments: Visa/MC# _____ Expiry Date: _____

Fliteway 2019 (April to August) Reference Guide

Pre-CanSkate Program (April/May 2019)

Castle Downs Arena

Pre-Can #1	Mondays	5:45-6:30pm	April 1,8,15, □ 29 May 6,13	6 Classes	\$90.00
Pre-Can #2	Tuesdays	4:45-5:30pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
Pre-Can #3	Tuesdays	5:15-6:00pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
Pre-Can #4	Tuesdays	5:45-6:30pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
Pre-Can #5	Thursdays	5:15-6:00pm	April 11,18,25 May 2,9,16,23	7 Classes	\$105.00
Pre-Can #6	Thursdays	5:45-6:30pm	April 11,18,25 May 2,9,16,23	7 Classes	\$105.00
Pre-Can #7	Saturdays	11:00-11:45am	April 6, □, □, 27 May 4,11,18	5 Classes	\$75.00
Pre-Can #8	Saturdays	11:30-12:15pm	April 6, □, □, 27 May 4,11,18	5 Classes	\$75.00

Note (Saturday, April 6th is at Londonderry Arena) -all other dates are at Castle Downs Arena

Pre-CanSkate June Camp (June 18 to 27, 2019)

Castle Downs Arena

Pre-Can #9	Tuesdays	5:45-6:30pm	June 18,25	2 Classes	\$30.00
Pre-Can #10	Thursdays	5:45-6:30pm	June 20,27	2 Classes	\$30.00

Pre-CanSkate Summer Camps (July/August 2019)

Castle Downs Arena

Camp 1	Tue-Thurs	6:00-6:45pm	July 2,3,4	3 Classes	\$45.00
Camp 2	Mon-Thurs	6:00-6:45pm	July 8,9,10,11	4 Classes	\$60.00
Camp 3	Mon-Thurs	6:00-6:45pm	July 15,16,17,18	4 Classes	\$60.00
Camp 4	Mon-Thurs	6:00-6:45pm	July 22,23,24,25	4 Classes	\$60.00
Camp 5	Mon-Thurs	6:00-6:45pm	July 29,30,31 Aug 1	4 Classes	\$60.00
Camp 6	Tue-Thurs	6:00-6:45pm	Aug 6,7,8	3 Classes	\$45.00

CanSkate Program (April/May 2019)

Castle Downs Arena

CanSkate #1	Mondays	5:45-6:30pm	April 1,8,15, □ 29 May 6,13	6 Classes	\$90.00
CanSkate #2	Tuesdays	5:00-5:45pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
CanSkate #3	Tuesdays	5:45-6:30pm	April 2,9,16,23,30 May 7,14,21	8 Classes	\$120.00
CanSkate #4	Thursdays	5:00-5:45pm	April 11,18,25 May 2,9,16,23	7 Classes	\$105.00
CanSkate #5	Thursdays	5:45-6:30pm	April 11,18,25 May 2,9,16,23	7 Classes	\$105.00

CanSkate June Camp (June 18 to 27, 2019)

Castle Downs Arena

CanSkate #6	Tuesdays	5:45-6:30pm	June 18,25	2 Classes	\$30.00
CanSkate #7	Thursdays	5:45-6:30pm	June 20,27	2 Classes	\$30.00

CanSkate Summer Camps (July/August 2019)

Castle Downs Arena

Camp 1	Tue-Thurs	6:00-6:45pm	July 2,3,4	3 Classes	\$45.00
Camp 2	Mon-Thurs	6:00-6:45pm	July 8,9,10,11	4 Classes	\$60.00
Camp 3	Mon-Thurs	6:00-6:45pm	July 15,16,17,18	4 Classes	\$60.00
Camp 4	Mon-Thurs	6:00-6:45pm	July 22,23,24,25	4 Classes	\$60.00
Camp 5	Mon-Thurs	6:00-6:45pm	July 29,30,31 Aug 1	4 Classes	\$60.00
Camp 6	Tue-Thurs	6:00-6:45pm	Aug 6,7,8	3 Classes	\$45.00

Castle Downs Arena / www.fliteway.ca / infofliteway@gmail.com / 780.472.1810 / Facebook Office Location: Castle Downs Arena / Office Hours: Check front page of our website



Where skating takes flite.



2018-2019 Pre-CanSkate/CanSkate Information Sheet

First Day

Please arrive at the arena at least 20 minutes before your session starts. Assigned change rooms will be posted on the arena board. Pre-CanSkate skaters will have a 15 minute off-ice warm up prior to going on the ice. Your child will need to have their skates, CSA certified hockey helmet, and skating clothes on for the warm-up. Skate guards are highly recommended! Pre-CanSkate will meet inside their assigned change rooms prior to the start of the class. Once the off-ice warm-up has started, skaters will be looked after by the warm up coach and no further assistance from the parents will be needed. CanSkaters will meet by the ice surface prior to the start of your class.

Equipment

We strongly recommend you purchase “lace-up” skates instead of molded; this includes both hockey and figure skates. When buying skates, make sure they fit properly. Look for skates with good ankle support. Have your child walk around in their skates prior to buying them. Check to make sure their ankles remain upright and well supported. How well they walk in their skate's off-ice will often be a good indication on how they will do on ice. Avoid buying skates 1 or 2 sizes to big (skates need to be snug in the heel area with a slight bit of wiggle room in the toe area). Light socks that are breathable work the best vs heavy sports socks. Skate guards protect your blades and will prevent premature dulling. When the skater has finished skating, a soft cloth can be used to wipe the blades off. Skate guards should never be placed back on the blades after they have been wiped dry.

CSA Certified Hockey Helmets

CSA Certified Hockey Helmets are Mandatory for both the Pre-CanSkate and CanSkate programs. Look for helmets that that have the CSA sticker. **NO BIKE HELMETS!** Skaters should wear athletic type of clothing and avoid bulky snow pants, or jeans. It is best to dress in layers to prevent your child from getting cold. (Don't forget Mitts or gloves)

Communication

Good communication is important to us! Most of our communication including newsletters, updates, class changes, etc. will be through email. Please make sure you email address on your Uplifter Account is up to date. We also recommend following us on Facebook. Usually any alerts will be posted on social media first.

What you can expect

Please keep in mind that Pre-CanSkate and CanSkate are group lesson programs. We usually keep the groups around 6 to 10 skaters per/coach with a 1 or more program assistants as needed. Each session will consist of a warm-up, group lesson, short game or fun activity, followed by 5 minutes of free time or practice time. There will be some movement (skaters changing groups) within the first few sessions as we sort out the best group to suit and challenge your child's skating level.

Badges/Certificates

Pre-CanSkate will receive certificates. CanSkate will receive badges and report cards. There are 6 different badges (levels) in the CanSkate program. Each badge becomes progressively more challenging. Badges with report cards will be rewarded on the last day of each session. Please keep in mind that not all skaters will receive a badge every session.

Arena Locations

Castle Downs Arena: 11520-153 Ave. Edmonton
Grand Trunk Arena 13025 112st., Edmonton
Glengarry Arena 13340 85st., Edmonton

Cash / Credit Card Payments

Office Hours

Tuesday, Wednesday, Thursday
5:30-7:00pm, Castle Downs Arena
The club office is located beside the arena staff office
Register online or in person during office hours

Current office hours can also be located on the front page of our website