

## Your Top Rated Skating Club!

The **Tri Area SKATING CLUB** is proud of its history of providing quality skating instruction. A variety of skating lessons are available by fully certified professional coaches with group or personalized training.

The Tri Area Skating Club is dedicated to the principle of enabling skaters to participate in skating throughout their lifetime for fun, fitness and achievement.

We are a non-profit organization. We welcome sponsors; please contact us how your dollars can gain advertisement for your company.

TASC reserves the right to change/cancel any sessions due to registrations. No refunds after 2<sup>nd</sup> week for all programs.



## Professional Coaches

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We offer nationally trained NCCP Certified coaching staff.

Group Program Coordinator:  
(Pre-CanSkate, CanSkate, &  
Advanced CanSkate)

**Christine Parker:** 780-221-3496  
[cp8505@icloud.com](mailto:cp8505@icloud.com)

GroupStar & STARSkate Coordinator  
& Club Head Coach:

To arrange for Private STARSkater  
coaching please contact:

**Kathy Burzminski:** 780-963-5543  
[hkburz@gmail.com](mailto:hkburz@gmail.com)

**ON-LINE Registration  
opens Dec 13, 2018:  
9 AM**

[www.triareaskatingclub.com](http://www.triareaskatingclub.com)

[info@triareaskatingclub.com](mailto:info@triareaskatingclub.com)

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**Tri Area Skating Club**  
P.O. Box 3893  
Spruce Grove, AB T7X 3B3

Phone: 780-201-8558

# Tri Area Skating Club

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*Proudly Serving these Communities!*

***2018-2019 Winter  
Skating Program  
Information***

Our Vision:  
*We are a family valued  
skating club, focused on  
developing the best  
skaters.*

## GROUP PROGRAMS

**\*\*A CSA approved HOCKEY HELMET is mandatory for all GROUP PROGRAMS! (Excluding GroupSTAR)**

**Session 2 (S2): Jan 7, 2019 – Mar 16, 2019**

**\*\*Sign up for 2 or more days and receive 10% off at checkout. (Only applies to same skater)\*\***

\*Fundraising is one per skater per season

**PRE-CANSKATE** is a Learn-to-Skate class.

Skaters will be introduced to the ice and learn skating basics through games, music, circuits and creative expression in a safe and fun environment. Skaters must be 3 years old by Nov 1, 2018. *Classes are 30 minutes.*

**Class Days & Times: (S = Session C = #Classes)**

<b>Mon</b>	4:15pm (TLC)	(S2=C8)
<b>Tues</b>	5:45pm (GH)	(S2=C10)
<b>Wed</b>	6:15pm (TLC)	(S2=C10)
<b>Fri</b>	6:00pm (GH)	(S2=C8)
<b>Sat</b>	10:45am (TLC)	(S2=C8)

<b>Cost:</b>	<b>C8</b> (8 Classes)	\$108
	<b>C10</b> (10 Classes)	\$135

**CANSKATE:** Skate Canada's Learn-to-Skate Program. Participants earn badges/ribbons while focusing on 3 fundamental areas (Agility, Balance and Control) divided into 6 stages. Music, warm-up, lessons, fun zone, fast track and cool down provides an exciting and fun group program. Skaters must be 5 yrs old by Nov 1, 2018 or have passed the Pre-CanSkate Program. CanSkate classes are 45 minutes.

*CanSkate cont...*

**Class Days & Times: (S = Session C = #Classes)**

<b>Mon</b>	4:45pm (TLC)	(S2=C8)
<b>Tues</b>	5:45pm (GH)	(S2=C10)
<b>Wed</b>	6:45pm (TLC)	(S2=C10)
<b>Fri</b>	6:00pm (GH)	(S2=C8)
<b>Sat</b>	11:15am (TLC)	(S2=C8)

<b>Cost:</b>	<b>C8</b> (8 Classes)	\$120
	<b>C10</b> (10 Classes)	\$150

**ADVANCED CANSKATE:** An Advanced Group Learn to Skate Program for those skaters wanting to continue working on their CanSkate Badges (Stage 3-6) in a more challenging environment. Skills will include crossovers, turns, 1 foot skating, jumping, and drills to enhance your speed and power. Must have minimum one Stage 3 ribbon. Skaters will move into this program upon approval of the Group Program Coordinator

**Class Days & Times: (S=Session C=#Classes)**

Tues	5:15 (TLC)	(S2=C10)
Thurs	5:15 (GH)	(S2=C9)
Sat	11:15am (TLC)	(S2=C8)

**PRE-POWER/CANPOWERSKATE:** Pre-Power (approx 5-8 yr) skaters looking to develop basic skating abilities past the CanSkate program in a power skating-specific environment. CanPowerSkate (approx.. 9-12 yr) is a power skating program geared to hockey & ringette skaters focusing on techniques & conditioning skills used in game situations. Full hockey / ringette equipment recommended.

**Class Days & Times: (S=Session C=#Classes)**

Tues	5:30 (TLC)	(S1=C12/S2=C10)
Thurs	6:00 (GH)	(S1=C12/S2=C9)

**ADV CAN/PREPOWER/POWER FEES:**

<b>Cost:</b>	<b>C8</b> (8 Classes)	\$136
	<b>C9</b> (9 Classes)	\$153
	<b>C10</b> (10 Classes)	\$170

**GROUP STARSKATE** is a Learn-to-Figure Skate Program giving skaters their first introduction to the STARSkate Program. Program includes off ice, group instruction and practice time. Skaters must have complete Stage 4 Badge and approval of the Head Coach and/or Group Program Coordinator to register in this program.

<b>Times: Tues</b>	4:15pm-5:30pm (TLC)	<i>Session 2 = 10 Classes</i>
<b>Thurs</b>	4:30pm-5:45pm (GH)	<i>Session 2 = 9 Classes</i>
<b>Sat</b>	9:45am-11:00am (TLC)	<i>Session 2 = 8 Classes</i>
<b>Cost:</b>	8 Classes:	\$220
	9 Classes:	\$247
	10 Classes:	\$275

**ADULT/TEEN** (Active for Life) is a group program offering recreational skating, Skate Canada tests, and competitive opportunities. Adults also participate in CanSkate, STARSkate and CanPowerSkate programs

See Website for Details/Pricing/Ice Schedule.

**STARSKATE/COMPETITIVE**

Star 1-10 Levels available  
See Website for Details/Pricing/Ice Schedule.

**\* No Refunds after 2<sup>nd</sup> week of skating**

**\*\*\$36 Skate Canada Fee will be added to all registrations (if you have not registered for Session 1) and is non-refundable.**

**Register Early as Spots are Limited**