

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 2nd week for all programs.



Professional Coaches

We offer nationally trained NCCP Certified coaching staff.

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

Christine Parker: 780-221-3496
cp8505@icloud.com

GroupStar & STARSkate Coordinator
& Club Head Coach:

To make arrangements for Private
STARSkater coaching please contact:

Kathy Burzminski: 780-963-5543
hkburz@gmail.com

**ON-LINE Registration
opens Aug 19, 2019:
9 AM**

www.triareaskatingclub.com

info@triareaskatingclub.com

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

Phone: 780-201-8558

Tri Area Skating Club



Proudly Serving these Communities!

**2019-2020
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 1 (S1): Sept 30, 2019 – Dec 14, 2019

Session 2 (S2): Jan 6, 2020 – Mar 16, 2020

*****Sign up for 2 or more sessions/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 July 1, 2019. *Classes are 30 minutes.*

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

Mon 4:30pm (TLC) (S1=C10/S2=C10)
Tues 5:45pm (GH) (S1=C10/S2=C10)
Wed 4:30pm (TLC) (S1=C10/S2=C10)
Sat 10:45am (TLC) (S1=C9/S2=C8)

Cost: **C8** (8 Classes) \$108
C9 (9 Classes) \$121
C10 (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 July 1, 2019 or have passed the Pre-CanSkate Program. CanSkate classes are 45 minutes.

CanSkate cont...

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

Mon 5:00pm (TLC) (S1=C10/S2=C10)
Tues 5:45pm (GH) (S1=C10/S2=C10)
Wed 5:00pm (TLC) (S1=C10/S2=C10)
Sat 11:15am (TLC) (S1=C9/S2=C8)

Cost: **C8** (8 Classes) \$120
C9 (9Classes) \$135
C10 (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) (S1=C10/S2=C10)
Thurs 5:15 (GH) (S1=C10/S2=C10)
Sat 11:15am (TLC) (S1=C9/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=C10/S2=C10)
Thurs 6:00 (GH) (S1=C10/S2=C10)

ADV CAN/PREPOWER/POWER FEES:

Cost: **C8** (8 Classes) \$136
C9 (9 Classes) \$153
C10 (10 Classes) \$170

GROUP STARSKATE is a learn to Figure Skate Program giving skaters their first introduction to the STARSSkate 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.

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

Tues 4:30pm (TLC) (S1=C10/S2=C10)
Thurs 4:15pm (GH) (S1=C10/S2=C10)

Cost: **C10** (10 Classes) \$225

ADULT/TEEN is a group program offering recreational skating, Skate Canada tests, and competitive opportunities. Adults also participate in CanSkate, STARSSkate and CanPowerSkate programs

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

Thurs 5:15pm (GH) (S1=C10/S2=C10)
Sat 8:30am (TLC) (S1=C9/S2=C8)

Cost: **C8** (8 Classes) \$180
C9 (9 Classes) \$190
C10 (10 Classes) \$220

STARSKATE/COMPETITIVE

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

*** No Refunds after 2nd week of skating**
****\$44 Skate Canada Fee will be added to all registrations and is non-refundable**

Register Early as Spots are Limited