

# INFORMATION

- All sessions will be held at the St. Margaret's Centre.
- Dates and times are subject to change. Please check website and Facebook regularly. All changes will be posted on website and Facebook. Website Address is [www.smbskating.com](http://www.smbskating.com). **Please do not OPT OUT when registering as you will not get weather cancellations or public health restriction changes if there is any.**
- Skate Canada Fees must be added to your registration. All skaters must be registered with Skate Canada. Skate Canada fee is \$60 for upcoming season. Any discounts are not applicable to Skate Canada fees. Each skater only pays once per year (year starting September 1st-August 31st) no matter how many sessions or programs they skate.
- Cheques, cash, or e-transfer on Uplifter are the only accepted methods of payments. You may pay in full or a payment plan. Post dated cheques (As well as e-transfers ) can be done in three payments October 1, 2023, November 1, 2023, and December 1, 2023. Cheques are made out to **St. Margaret's Bay Skating Club**. NSF cheques will have a \$35 surcharge. Once an NSF occurs cash payment will be required for rest of season. **Please include the Skate Canada Fee in the 1st payment as it we have to register and insure each participant.**
- SMBSC reserves the ability to limit numbers on sessions and prioritize level of skaters on sessions. Please do not wait to register. Limited numbers on sessions. All registration questions will be taken by Lisa at [smbcanskate@gmail.com](mailto:smbcanskate@gmail.com). **Sessions missed due to weather will only be made up if more than one session per season is missed.**

## PRECANSKATE

PreCanskate is designed for the younger skater that is 3 or 4 years old. Must be 3 years old at the start of the program to register. The time is a little shorter ( 30 mins) for the younger skater and is perfect for the skater who has limited skating experience. All the skaters are around the same age and the groups will be done by the skaters ability. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. The program is focused on fun and getting familiar with the basic skating skills. It is a fantastic starter program! As your skater develops they will be able to earn Canskate ribbons.

## CANSKATE

**Canskate** is Skate Canada's flagship learn-to-skate program, designed for **beginners of all of ages** (MUST be 4 years old as of start of program). You will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. **CanSkate is the feeder program to all other Skate Canada skating programs, as well as preparing skaters for participation in hockey, speed skating and ringette.**

**There will be two fundraising activities per session.**

## PAIRS/BOYS INITIATIVE

**The SMBSC is currently following Skate Canada's direction of PAIR SKATER initiative. It's a fun and great way to learn new skills. You have many opportunities to progress and compete. If you are playing hockey and want to try figure skating as well ...many of our boys do both. If you are interested please let Charleen know as we will be doing tryouts. WE have BOYS figure skates to try or rent! IMPROVE YOUR SKATING TODAY!**



# St. Margaret's Bay Skating Club

**Canskate  
WINTER  
2023-2024**

**OCTOBER 16, 2023-  
MARCH 14, 2024  
20 week program**

**St. Margaret's Centre  
12 Westwood Blvd, Upper  
Tantallon  
902-826-2100**

**#smbproud**

## Please Read before registering

- ⇒ Please **do not OPT OUT** of messages as you will not get the emails about weather cancellations or any issues with schedules. Make sure it is an email that you will check if the weather is bad or power outages.
- ⇒ Please put skates on in change rooms and then head to the ice surface to collect your name tag. Please do not sit on the floors in the hallway.
- ⇒ Parents are welcome to watch. Please sit in stands and not stand by the glass or players box.
- ⇒ We are going to make every effort to have this a FUN learning activity that is safe for your child. All classes are taught by professional coaches with years of experience.
- ⇒ To register you must go to [www.smbskating.ca](http://www.smbskating.ca). There is a box that says to click for more information and to register. Follow instructions to set up an account if you do not already have one from prior seasons.
- ⇒ Payment can be made by e-transfer to [smbcanskate@gmail.com](mailto:smbcanskate@gmail.com) or you can pay by cheque to St. Margaret's Bay Skating Club. The front desk is not affiliated with the skating club. **But** you can drop off your cheques to front desk in an envelope with your child's name and SMBSC written on the envelope.
- ⇒ **Interested in Figure Skating ? After Stage 4 you are welcome to register for JUNIOR GROUP! See Figure Skating Brochure for more details.**

**CanSkate** is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principles, **CanSkate** centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

Have a question?  
Just ask!

**Lisa's email: [smbcanskate@gmail.com](mailto:smbcanskate@gmail.com)**

**Charleen's email: [skatecoach@gmail.com](mailto:skatecoach@gmail.com)**

**COST:** 20 Week program is \$310 per skater ( PRECANSKATE is \$250 per skater for 20 weeks) with a one time annual Skate Canada insurance fee of \$60.  
**Super deal! Buy 2 or more sessions per person the 2nd ,3rd or 4th session will be half the price per session!** Learn your faster and improve your skills! You will be delighted with the results of more ice time.

<b>20 weeks schedule</b>	<b>Monday \$250 PRE-CANSKATE 5:00pm-5:30pm</b>	<b>Monday \$310 CANSKATE 5:30pm-6:10pm</b>	<b>Wednesday \$310 CANSKATE 5:30pm-6:10pm</b>	<b>Thursday \$310 CANSKATE 5:50pm-6:30pm</b>	<b>Thursday \$310 CANSKATE 6:30pm-7:10pm</b>
<b>October</b>	<b>16,23,30</b>	<b>16,23,30</b>	<b>18,25</b>	<b>19,26</b>	<b>19,26</b>
<b>November</b>	<b>6,13,20,27</b>	<b>6,13,20,27</b>	<b>1,8,15,22,29</b>	<b>2,9,16,23,30</b>	<b>2,9,16,23,30</b>
<b>December</b>	<b>4,11,18</b>	<b>4,11,18</b>	<b>6,13</b>	<b>7,14</b>	<b>7,14</b>
<b>January</b>	<b>8,15,22,29</b>	<b>8,15,22,29</b>	<b>3,10,17,24,31</b>	<b>4,11,18,25</b>	<b>4,11,18,25</b>
<b>February</b>	<b>5,12,18,25</b>	<b>5,12,18,25</b>	<b>7,14,21,28</b>	<b>1,8,15,22,29</b>	<b>1,8,15,22,29</b>
<b>March</b>	<b>4,11</b>	<b>4,11</b>	<b>6,13</b>	<b>7,14</b>	<b>7,14</b>

*Please take careful notes of the dates and times and retain this schedule as a reminder of lesson dates. \*Times/dates may change due to tournaments etc. Please check the Uplifter calendar frequently for any changes. Cancellations due to weather will only be made up if it is more than one on any given day.*