

- All sessions will be held at the St. Margaret's Centre. At this time spectators ARE **permitted** in stands and public areas. We safely and consistently contact trace and control numbers. Skaters to arrive no more than 15 minutes before session. No food or drink in the building by spectators. Everyone must wear their mask entering the building, in the stands and in dressing rooms. Once skater has helmet on and going to field of play (ice) the mask is not mandatory.
- 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.
- Skate Canada Fees must be added to your registration. All skaters must be registered with Skate Canada. Skate Canada fee is \$45 for upcoming season. Any discounts are not applicable to Skate Canada fees.
- Cheques, cash, or e-transfer on Uplifter are the only accepted methods of payments. Post dated cheques for April 7,2021 and May 7,2021. 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.
- 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. Sessions missed due to weather will only be made up if more than one session per season is missed.



Canskate is Skate Canada's flagship learn-to-skate program, designed for beginners all of ages (**MUST be 4 years old as of JUNE 1,2021**). **Must be a returning skater OR at this moment (covid protocols) be able to stand and move unassisted.** When you sign up for CanSkate, 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.

We know that these are slightly different times. We are positive, safe and fun. If you have never been to one of our canskates and want to learn to skate please email us and we will assess your skills. At this time we are only taking skaters that can skate unassisted.

There will be one fundraising activity per session .

On another brochure are these programs:

Junior Group –Canskate 3-7 and Star 1

Junior- Star 1 to Star 4

Intermediate– Working on Star 5

Senior- Star 5 + and must be able to do an axel consistently.



St. Margaret's Bay Skating Club

Canskate SPRING 2021

APRIL 2021- JUNE 2021

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

Please Read before registering

- ⇒ Everyone must follow protocols set forth by facility and public health. They do change so it is important to read any updates that we send out. Also it is important to follow any protocols set forth by the provincial and national sport governing body.
- ⇒ At this point all participants can bring with them 1 adult to help with tying skates and snapping helmet.
- ⇒ **At this point** the facility maximum in any given room or arena is **60**. Maximum skaters on the ice is **50** according to Skate Canada NS. With support staff and coaches there are spectators allowed at this time. This may change as protocols change.
- ⇒ All parents/spectators must sit in seats in stands. Please wear your mask and no outside food or drink.
- ⇒ At this time we are only taking returning skaters and NEW skaters that are able to stand and take small steps.
- ⇒ If you have a new skater and have questions please contact Lisa at smbcanskate@gmail.com
- ⇒ You must wear a mask into the building until you get to your assigned dressing room.
- ⇒ 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.
- ⇒ Protocols and covid restrictions change very quickly. We will always be as safe as we can. Please watch for emails through the uplifter account if there is a change in policy.

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.

Lisa’s email:
smbcanskate@gmail.com
Charleen’s email:
skatecoach@gmail.com

COST: 9 Week program is \$135 per skater (7 weeks is \$105 per skater) with a one time annual skate Canada insurance fee of \$45. If you already registered attended the previous sessions from October 2020-April 2021 you will not be required to pay the insurance fee again. **Super deal!** Buy 2nd session per week for half price! (Off lowest priced session). Learn your skills faster

CANSKATE SPRING 2021	Sunday 7 Weeks 1:10pm- 1:50pm	Monday 9 Weeks 5:30pm- 6:10pm	Wednesday 9 Weeks 5:30pm- 6:10pm	Thursday 9 Weeks 5:30pm- 6:10pm
April	18,25	19,26	21,28	22,29
May	2,9,16,30	3,10,17,24,31	5,12,19,26	6,13,20,27
June	13	7,14	2,9,16	3,10,17

Schedule



*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 and holidays etc. Please check the Uplifter calendar frequently for any changes.*