

Winter Schedule 2018/2019
September 10th to March 15th

Monday	Tuesday	Wednesday	Thursday	Friday
22 weeks	25 weeks	24 weeks	25 weeks	24 weeks
Fleetwood	Newton	Fleetwood	Newton	Newton
Multi Open 4:00-5:00pm \$280	Multi Open 4:15-5:00pm \$237	Multi Open 4:00-5:00pm \$308	Multi Open 4:00-4:45pm \$237	Multi Open 4:30-5:15pm \$237
Canskate \$248 4:15-5:00pm	Multi Open 5:00-5:45pm \$237	Canskate \$248 4:15-5:00 Jr Academy \$385 4:15-5:00	Jr Academy 4:30-5:15pm \$385	Multi Open 5:15-6:15pm \$280
Jr Academy 5:00-5:45pm \$385 Sr Academy 5:00-5:45pm	Canskate \$248 5:00-5:45pm	Multi Open \$237 5:00-5:45		Synchro Development 13+ \$90 *per 6 week block 5:15-6:15pm
Off Ice 6:00-6:30				

Jr Academy Package A 2 Junior sessions, 1 off ice

Jr Academy Package B 1 Junior sessions, 1 45 min multi open, 1 off ice

Sr Academy Package A 2 Senior sessions, 1 off ice

Sr Academy Package B 1 Senior session, 1 45 min multi open, 1 off ice

Fleetwood Arena - #110 - 1655 Fraser Highway Surrey, BC
Newton Arena – 7120 - 136B Street Surrey, BC

CanSkate is a learn to skate program. This nationally recognized program is Skate Canada's proven best method to teach young children to skate. All coaches are certified, experienced teachers, with a love of the sport. 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.

Newton Academy is a program created around Skate Canada's STARSkate program. These sessions offer opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating.

Jr. Academy is a group lesson for 45 minutes with coaching included. All three disciplines of skating are taught: Freeskate, Ice Dance and Skills. Skaters can enter this program after level 5 of CanSkate. These sessions are designed for Skate Canada tested STAR 1 and STAR 2 skaters. It is highly recommended to skate more than once per week.

Sr. Academy is a group lesson for 45 minutes with coaching included. Skaters must have passed STAR 2 to participate. It is recommended that skaters have supportive, well fitting skates. It is highly recommended to skate more than twice a week

Multi Open Sessions skaters practice independently on freeskate, skills, or dance. It is highly recommended that skaters book their private lesson with a coach on these sessions before registering. It is important to note that these sessions do not include coaching cost, and skaters will be billed individually by their coach. Coaching is NOT included. Your coach will bill you once a month.

Jr. and Sr. Development is a session aimed at increasing power and speed in skaters. Both Jr Academy and Sr Academy skaters are encouraged to register. Coaching is included