

Winter schedule 2008 - 2009



Reg Day Sept 6th 10am - 2PM Newton Rink
Or mail to 7120 136B St. Surrey BC V3W 5E6

****Open sessions must be booked with coaches before registering****

Monday	Tuesday	Wednesday	Thursday	Friday
	3:15 – 4:00 Multi Open \$165.00 Jr. Star Skate \$165.00 (Jr. Star skate 30 min session includes gr. Coaching 3:30-4:00)	3:45 – 4:30 CanSynchro \$165.00 Jr. Multi iOpen \$160.00	3:15 – 4:15 Multi Open \$215.00 Jr. Star Skate \$165.00 (Jr. Star skate 30 min session includes gr. Coaching 3:45-4:15)	3:45 – 4:30 Can Power \$160.00 Canskate \$160.00
3:45—4:45 Jr. Open & Stroking \$220.00	4:00 – 4:30 Jr. Skills (includes group coaching fees) \$185.00	4:30—5:15 Canskate \$160.00	Synchro	4:30 – 5:15 Canskate \$160.00
4:30—5:30 Sr. Open & Stroking \$220.00	4:30 – 5:00 Sr. Skills (includes group coaching fees) \$185.00	5:15—6:15 Multi Open \$215.00	Synchro	5:15 – 6:15 Multi Open & Stroking \$220.00
5:30 –6:00 Sr. skills (includes group coaching fees) \$185.00	5:00 – 5:45 Multi Open \$165.00		Synchro	

Canskate: for school-age and pre-school registrants - Skate Canada's Canskate program incorporates progressive learning and daily assessment of skills

CanPower Skate: Learn power and agility. Session designed for both figure skaters and hockey players. (skaters must be able to stop in both forward and backward directions).

Jr. Star Skate skaters who have completed Canskate level 7(group coaching fees and Ice) included

Private Lesson Categories

Junior: Skaters who have completed Canskate or one year of semi private lessons. Usually under 12 years of age.

Senior: Skaters working on jr. silver Skills and up or are 12 years of age and up.

Open: Skater may practice any discipline

Multi: Skater may be of any level