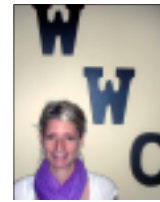


Skating



Facilities Coordinator: Carmina Bellisario cbellisario@winnipegwinterclub.com or call ext. 114
Coaches: Laurie Reade, Debbie Synkiw & Sarah Low-Ying

WWC SKATING PROGRAMS

PARENT & TOT LEARN TO SKATE

This program is designed for young skaters not ready to skate alone. Parents assist the child in the orientation to the ice surface and the introduction of basic skating skills through fun activities including toys, songs and games. Parents must have a competent skating ability and be present on the ice to assist their child for the class' duration. Please, only one parent or guardian per child. *Parents must be wearing skates and a helmet while participating on the ice.*

When: Mondays 5:15 - 6:00 p.m.
Session: September 27 - December 20, 2010
No Class on October 11, 2010
Cost: \$144 (12 classes)

When: Saturdays 9:45 - 10:30 a.m.
Session: September 25 - December 18
No Class on October 9, 2010
Cost: \$144 (12 classes)

LEARN TO SKATE "Future Skating Stars"

Learn to skate is designed for beginners of all ages. When you sign-up for Learn to Skate you will be in a program that focuses on fun, participation and basic skill development. Lessons are given in a group format. Skaters are assessed the first session and placed into their appropriate group. As skaters progress they will move into the next level group. Coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. Skaters must wear proper skating attire and a helmet is required.

When: Mondays 5:15 - 6:00 p.m.
Session: September 27 - December 20, 2010
No Class on October 11, 2010
Cost: \$144 (12 classes)

When: Saturdays 9:45 - 10:30 a.m.
Session: September 25 - December 18
No Class on October 9, 2010
Cost: \$144 (12 classes)

INTRO TO FIGURE SKATING

Skaters will learn how to do basic jumps, spins and dances.

Prerequisite: Must be able to skate forwards and backwards with ease.

When: Mondays 5:15 - 6:00 p.m.
Session: September 27 - December 20, 2010
No Class on October 11, 2010
Cost: \$144 (12 classes)

When: Saturdays 9:45 - 10:30 a.m.
Session: September 25 - December 18
No Class on October 9, 2010
Cost: \$144 (12 classes)

POWER SKATING

To become a complete hockey player, skating is the name of the game! Speed, balance, lateral movements, agility, quick turns, backward skills, proper cross-cuts, explosive starts, fast stops, and deeks will have you playing like a pro in no time.

Prerequisite: Participants must be 6 years old as of Dec 31, 2009. Skaters must possess the ability to move about on the ice for the entire session without assistance at a reasonable speed.

When: Mondays 5:15 - 6:00 p.m.
Session: September 27 - December 20, 2010
No Class on October 11, 2010
Cost: \$144 (12 classes)

ADULT LEARN TO SKATE

This class will build on the fundamentals such as forward and backward skating. Coaches will build on participants abilities. A helmet is recommended for beginner skaters.

Prerequisite: Must be able to stand on skates
When: Mondays 5:15 - 6:00 p.m.
Session: September 27 - December 20, 2010
No Class on October 11, 2010
Cost: \$144 (12 classes)

PRIVATE AND SEMI-PRIVATE LESSONS

Will be offered throughout the Fall and Winter. Interested skaters should contact Carmina to check availability and to arrange lessons. Group lessons can be organized when there are 3 or more skaters at similar skill levels. Skaters must wear proper skating attire and some skaters will be required to wear a helmet.

Ice Times: Tuesdays 3:30 - 6:30 p.m.
Thursdays 4:00 - 6:15 p.m.
Saturdays 7:00 - 9:45 a.m.

STARSKATE

Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Interested skaters contact Carmina to check availability and to arrange lessons.

Please Note: Some times may vary.

*LESSON CANCELLATION POLICY

Must be cancelled 24 hours in advance or client will be charged full session rate. (Please phone if you know will have to cancel, exceptions can be made).

SKATING INSTRUCTORS

Laurie Reade
Available Tuesday, Thursdays and Saturdays

Debbie Synkiw
Available Tuesdays and Thursdays

Sarah Low-Ying
Available Tuesday, Thursdays and Saturdays

Terri Studholme
Available Tuesdays



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MEMBER HOCKEY

Come out and join your fellow club mates in a game of hockey. Member Hockey is for adult members over the age of 18 who want to play a great game of pick-up hockey.

Full equipment is required. No need to register in advance. Just show-up ready to play!

Member hockey is offered four times a week, Monday, Thursday, Saturday & Sunday. Please check Member Hockey times on our skating schedule at www.winnipegwinterclub.com.

When: Mondays 8:00 - 9:30 p.m.
Thursdays 7:45 - 9:30 p.m.
Saturdays 3:00 - 4:45 p.m.
Sundays 3:30 - 4:30 p.m.

Cost: **FREE**

Note: Notices for member hockey are sent the day of, if you would like a member hockey reminder please let me know and I will add you to the email list.

Member Hockey Tournament: November 4 - 6, 2010

GENERAL SKATE

General skate times are set aside for the enjoyment of members. Come on out and enjoy a spin around the ice with friends and family. There are no sticks or pucks allowed on the ice during the general skate times and children under the age of 7 must be supervised by an adult. Helmets are strongly recommended for children under the age of 10.

When: Saturdays 2:00 - 2:45 p.m.
Sundays 2:30 - 3:15 p.m.

Cost: **FREE**

*schedule is subject to change

GENERAL HOCKEY

General hockey times are set aside for the enjoyment of members. Sticks and pucks are welcome. **Helmets are required** for children 12 years of age and younger and recommended for all. Children under the age of 7 must be supervised by an adult.

When: Saturdays 1:15 - 2:00 p.m.
Sundays 1:45 - 2:30 p.m.

Cost: **FREE**

*schedule is subject to change

Please note: Members are welcome to come out and skate any time there are no rentals or programs scheduled.