

Quickstart 23 - TIMES AND PRICES

Tuesday – 4 weeks – Sept 12 to Oct 3

	<i>SESSION CODE</i>	<i>COST</i>
Canskate/PreCan – 5:15-6:00 pm	Q-TUC1-23/Q-TUPC1-23	CANSKATE \$135.00 / PRECAN \$130.00
Canskate/PreCan – 6:00-6:45 pm	Q-TUC2-23/Q-TUPC2-23	CANSKATE \$135.00 / PRECAN \$130.00
PrePower – 6:55-7:30 pm	Q-TUPP-23	\$130.00
Canpower – 7:30-8:15 pm	Q-TUCP1-23	\$160.00
Canpower – 8:25-9:05 pm	Q-TUCP2-23	\$165.00

Thursday- 4 weeks – Sept 14 – Oct 5

Canskate- 5:15-6:05 pm	Q-THC1-23	\$140.00
PreCan/Parent and Tot – 6:05-6:35 pm	Q-THPC1-23/Q-THPT-23	PARENT AND TOT \$170.00 / PRECAN \$130.00
PreCan – 6:35-7:05 pm	Q-THPC2-23	\$130.00
Canskate – 7:15-8:05 pm	Q-THC2-23	\$140.00

Saturday- 4 weeks - Sept 16-Oct 7

Canskate - 9:15-10:05 am	Q-SC1-23	\$140.00
PreCan – 10:05-10:35 am	Q-SPC1-23	\$130.00
PreCan – 10:35-11:05 am	Q-SPC2-23	\$130.00
Canskate – 11:15-12:05 pm	Q-SC2-23	\$140.00

Milton Skating Club Power Program focuses on balance, power, agility, speed and endurance skills, all of which are especially important for hockey and ringette players. These sessions are designed for those children who can already skate forwards, backwards and stop. In these classes the skaters will develop better balance, power, agility, speed and endurance, using edges, crossovers, lateral moves, pivot turns, and fast forward/backward starts.

PrePower

This program is geared to skaters that can skate forwards and backwards and continue to progress on the fundamentals of skating to prepare skaters to play hockey or ringette. This program focuses on Power Skating skills ie; Forwards & Backwards skating, Stopping, Introduction to Cross-overs & edges, Skating with and controlling a stick. Full equipment is mandatory. Hockey equipment should be CSA approved. Let's learn some new skills and have fun!

Canpower

This program is geared towards skaters who already have advanced skating skills and will continue to progress on the fundamentals of skating to prepare skaters to play hockey or ringette. This program focuses on Power Skating skills ie; improving Forwards & Backwards skating, Stopping, Cross-overs, strengthening edges, skating with and controlling a stick. Full equipment is mandatory. Hockey equipment should be CSA approved.

If the skater is not strong enough for the Canpower program they will be moved to the PrePower program.

Let's continue to learn some new skills and have fun!

PreCan

This is an energetic and enjoyable ice skating program for children ages 3 – 6 years. Skaters should be 3 by the start of the session.

Sessions are 30 minutes in length. The goal is to develop stronger basic skills; balance, stopping, turning, jumping, forward and backward skating. Incentives will be utilized. Program is taught by NCCP Certified and trained Professional Coaches. This program is to encourage a lifelong participation in skating while promoting physical fitness. The number one goal is to have fun and develop the many different skating skills to advance to the CanSkate program.

Canskate

CanSkate is a dynamic learn-to-skate program for children ages 6 – 13 years. Skaters must be 6 years of age by the start of the session. Younger skaters may be considered if recommended by the Pre-CanSkate Director.

Sessions are 50 minutes in length. Taught by NCCP Certified Professional Coaches with the help of trained Program Assistants. This program ensures a 1:10 coach to skater ratio. Your child will learn to complete a series of balance, control and agility skills. Taught in five stages of learning that pertain to figure skating, hockey, ringette, speed skating and recreational skating.

CanSkate uses a nationally-tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills. Designed to have 90% continuous movement to maximize learning and practice time in a fun and active group setting. Participants earn ribbons and badges starting at Stage 1 and work their way to Stage 5 as they progress through the CanSkate system. Skaters progress at their own rate. Coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment that promotes learning. CanSkate will help participants realize their skating goals.