

- All sessions will be held at the St. Margaret's Centre. At this time spectators are **not permitted** in stands and public areas. We will post the parent policy once we can safely and consistently contact trace and control numbers. No spectators are allowed. At this time parents with children under the age of 13 **that require help** with tying of skates may come in to help with skates then exit. Parents can enter again at the end of the session to untie the skates.
- 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 October 12, 2020 and November 12, 2020. 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 October 1st, 2020**). **Must be a returning skater or be assessed by our coaches as at this moment (covid protocols) all skaters have to be able to stand and skate 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 2020

10 weeks

www.smbskating.ca

**October 12-
December 17,
2020**

**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.
- ⇒ The adult must then leave until the end of the session. The parent can then meet the skater back in their change room at the end of the session to help with the untying and exiting process.
- ⇒ At this point the facility maximum in any given room or arena is 30. Maximum skaters on the ice is 24 according to Skate Canada NS. With support staff and coaches there will be no spectators allowed at this time. This may change as protocols change.
- ⇒ All stands and public meeting areas are out of bounds.
- ⇒ Please make sure your skater has everything they need. We will have cell phone numbers close by in case we need to get in touch with you. We have half the number on the ice. Your child will get lots of attention and this will be a great learning opportunity.
- ⇒ At this time we are only taking returning skaters that can skate unassisted. They need to be able to stand and take small steps.
- ⇒ Any new skater must be assessed before accepted into the program. This will be done before the beginning of the program starts. Please send Lisa an email if you need your child assessed. 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.
- ⇒ Parents, As soon as we can get you in to watch safely we will. Contact tracing is a huge job and this club is run by volunteers that are doing their best to follow everyone's safest protocols. The coaches will keep you updated on your skater's progress.

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.

COST: 10 Week program is \$150 per skater with a one time annual skate Canada insurance fee of \$45. If you decide to register for next session (winter 2021 Jan-March or Spring 2012) you will not be required to pay it again.

Super deal! Buy 2nd session per week for half price! \$75 for 10 weeks. Learn your skills faster

Lisa's email:
smbcanskate@gmail.com

Charleen's email:
skatecoach@gmail.com

CANSKATE Winter 2020	Monday 10 Weeks 5:30pm-6:10pm	Wednesday 10 Weeks 5:30pm-6:10pm	Thursday 10 Weeks 5:30pm-6:10pm
October	12,19,26	14,21,28	8,15,22,29
November	2,9,16,23,30	4,11,18,25	5,12,19,26
December	7,14	2,9,16	3,10,17

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