



# CANSKATE



GRANDE PRAIRIE SKATING CLUB - FALL 2020 SESSION – COCA-COLA CENTRE

## REGISTRATION IS NOW OPEN

REGISTER ONLINE AT: [GPSKATE.COM](http://GPSKATE.COM)

### FALL SESSION 1

**MONDAYS** - Sept 28 - Nov 2 4:00-4:45 (NO CLASS OCT 12)

5 Classes \$125 (NORTH ARENA)

**TUESDAYS** - Sept 29 - Oct 27 6:45-7:30

5 Classes \$125 (SOUTH ARENA)

**THURSDAYS** - Oct 1 - Oct 29 6:45-7:30

5 Classes \$125 (SOUTH ARENA)

**SATURDAYS** - Oct 3 - Dec 5 11:15-12:00 (NO CLASS NOV 14, 21)

8 Classes \$200 (SOUTH ARENA)

### FALL SESSION 2

**MONDAYS** – Nov 9 – Dec 7 4:00-4:45

5 Classes \$125 (NORTH ARENA)

**TUESDAYS** – Nov 3 – Dec 8 6:45-7:30

6 Classes \$150 (SOUTH ARENA)

**THURSDAYS** – Nov 5 – Dec 10 6:45-7:30

6 Classes \$150 (SOUTH ARENA)

### CanSkate (Ages 5 and up)

CanSkate is a dynamic Learn-to- skate program that focuses on fun, participation and basic skill development for all ice sports. Based on Sport Canada's Long-term athlete development (LTAD) principles, CanSkate centres on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

#### Current COVID-19 POLICIES (Updated August 26, 2020)

Due to COVID there will be no physical contact between participants or between coaches and skaters. **Skaters must have enough basic skills that they can move on skates and get up without assistance.** In the situation where some assistance is required if a skater is hurt. A coach will put on gloves and a C9 medical mask which is supplied in our first aid kit. Skaters will pick up a name tag on their first day and keep it for all their classes so please keep it with their skates when you leave. Skaters are asked to come with only 1 family member when possible. All skaters are required to wear gloves and a helmet. More information and updates will come as the situation changes and evolves so please look for email bulletins, and signs at the arena.