



# Group Skating Lessons

## Club Office:

Londonderry Arena  
14528-66 Street  
Edmonton, Alberta T5C 3R7

## Club Contact:

Email: [extreme.edge@shaw.ca](mailto:extreme.edge@shaw.ca)  
Phone: 780-456-6851  
Website: [ExtremeEdge.ca](http://ExtremeEdge.ca)

## Improve Your Skills For:

- Hockey
- Figure Skating
- Ringette
- Recreational Skating

## Equipment Required:

- Hockey Skates or Figure Skates (Blades must be sharpened)
- Hockey Helmet, CSA approved
- Gloves, jacket, athletic pants
- Skate guards (optional)

## Stores to buy Skates:

- ProSkate
- United Sport and Cycle

Quality equipment makes a big difference in a skater's ability to learn new skills and excel in their lessons.

## Pre-Canskate:

- For children 4 years of age and up.
- For first-time skaters and beginners.
- Smaller class sizes.
- Classes begin with an off-ice warm-up wearing equipment
- Parents watch lessons from the stands.

## Canskate:

- For children 4 years of age and up.
- For skaters with some skating experience who are able to skate around the rink unassisted.
- 6 Stages (levels) with a focus on Agility, Balance, Control, and Speed. Beginner to advanced levels.

## Beginner Figure Skating:

- For children 4 years of age and up.
- For skaters with some skating experience who are able to skate around the rink unassisted.
- First-time skaters, please register in Pre-Canskate and notify the coach that your child is interested in figure skating.
- Learn the fundamentals of skating with a focus on figure skating - Skaters will be introduced to more jumps, spins and moving to music.
- Figure Skates and hockey helmet required.

## Adult Group:

- For 16 years of age and up.
- For those who currently live an active lifestyle and would like to experience skating. All levels welcome – lessons will be tailored to help improve your current skill level in a judgement-free environment.

# Group Class Schedules

May 25 - June 30, 2022

Day	Class Dates	Location	Time	Groups	Fee
Sundays A	May 29, June 5, 12, 19, 26	Londonderry Arena	1:00-1:45pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> <li>• Beginner Figure Skating</li> </ul>	5 Classes = \$80.00
Sundays B			2:00-2:45pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> </ul>	
Monday	May 30, June 6, 13, 20, 27	Londonderry Arena	6:45-7:30pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> </ul>	5 Classes = \$80.00
Wednesdays	May 25, June 1, 8, 15, 22, 29	Londonderry Arena	6:45-7:30pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> <li>• Adult Group</li> </ul>	6 Classes = \$96.00
Thursdays	May 26, June 2, 9, 16, 23, 30	Londonderry Arena	6:45-7:30pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> <li>• Beginner Figure Skating</li> </ul>	6 Classes = \$96.00
Fridays	May 27, June 3, 10, 17, 24	Londonderry Arena	6:30-7:15pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> </ul>	5 Classes = \$80.00

Schedule subject to change.

No classes on dates with ~~strike through~~.

**\$44.00 Annual Skate Canada Membership required.** Valid Sept 1-Aug 31. Renewable every September. This fee is non-refundable as it is collected on behalf of Skate Canada.

**Summer classes – see next page**

# Group Class Schedules

## Summer - Regular Schedule 2022

Day	Class Dates	Location	Time	Groups	Fee
Mondays	July 4, 11, 18, 25, <del>August 1</del>	Londonderry Arena	5:45-6:30pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> </ul>	4 Classes = \$64.00
Tuesdays	July 5, 12, 19, 26, August 2	Londonderry Arena	5:45-6:30pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> <li>• Beginner Figure Skating</li> </ul>	5 Classes = \$80.00
Wednesdays	July 6, 13, 20, 27, August 3	Londonderry Arena	5:45-6:30pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> <li>• Adult Group</li> </ul>	5 Classes = \$80.00
Thursdays	July 7, 14, <del>21</del> , 28, August 4	Londonderry Arena	5:45-6:30pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> <li>• Beginner Figure Skating</li> </ul>	4 Classes = \$64.00
Fridays	July 8, 15, 22, 29, August 5	Londonderry Arena	5:45-6:30pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> </ul>	5 Classes = \$80.00

## Summer - Weekly Camps 2022

Week	Class Dates	Location	Time	Groups	Fee
Week 1	July 4, 5, 6, 7, 8	Londonderry Arena	5:45-6:30pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> </ul>	5 Classes = \$80.00
Week 2	July 11, 12, 13, 14, 15	Londonderry Arena	5:45-6:30pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> </ul>	5 Classes = \$80.00
Week 3	July 18, 19, 20, <del>21</del> , 22	Londonderry Arena	5:45-6:30pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> </ul>	4 Classes = \$64.00
Week 4	July 25, 26, 27, 28, 29	Londonderry Arena	5:45-6:30pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> </ul>	5 Classes = \$80.00
Week 5	August <del>1</del> , 2, 3, 4, 5	Londonderry Arena	5:45-6:30pm	<ul style="list-style-type: none"> <li>• Pre-Canskate</li> <li>• Canskate</li> </ul>	4 Classes = \$64.00

## Covid-19 Safety:

- Please wear a mask if you prefer. The city has lifted the mask requirement for arenas.
- Please obey signs posted in the facility.
- Parents please meet your child where they exit the ice and return to your designated area after the lesson to change and leave the facility promptly to make space for the next user group.
- **One spectator per participant** - please limit the number of people in the facility. Maximum one person per skater allowed in the dressing room to put on equipment.

## Equipment - General Information:

- Please see the list provided on the first page of brochure. Skaters must provide their own equipment.

## Skates:

- Hockey skates or Figure skates purchased from ProSkate or United Sport and Cycle are strongly recommended. Skates that fit well with laces all the way up and good ankle support will give your child the best opportunity to excel at their lessons.
- No plastic skates with buckles. They are difficult to learn in and the coach will likely suggest skates with laces instead.
- Skate sizes are different than shoe sizes - Please bring your child with you to have their foot measured at the store.
- Skate blades must be sharpened at the store prior to use. This gives the blade edges to use to push and glide across the ice.
- Skate laces should be tied snugly from the toe up to the ankle to support the foot and promote good body alignment.
- Skate guards protect blades and preserve sharpening while walking on floor.
- Bring a rag or small towel to dry off skate blades before putting them into the bag for storage. This prevents rusting and preserves blade quality and sharpening.



Figure Skates



Hockey Skates

## Hockey Helmets:

- Hockey helmets are required for all group classes.
- No Bicycle helmets - not permitted on the ice.
- Skaters without proper helmet will not be allowed to skate that day.
- Cage to protect face is recommended, but is optional.

## Clothing:

- Wear winter gloves, jacket, athletic pants.
- Avoid fuzzy gloves - as they stick to the ice and leave fabric behind.
- Avoid snowpants - as they often restrict range of motion and make it difficult for beginners to get up.



Hockey Helmet  
(with cage)

# Extreme Edge Skating Club

## Group Skating Lessons Application Form:

**Skater Info:**  
 First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Birthdate: \_\_\_\_\_ (Month, Day, Year)  
 Previous Skating Experience: \_\_\_\_\_  
 Medical Issues: \_\_\_\_\_

**Additional Skater Info:**  
 First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Birthdate: \_\_\_\_\_ (Month, Day, Year)  
 Previous Skating Experience: \_\_\_\_\_  
 Medical Issues: \_\_\_\_\_

**Family Info:**  
 Parent First Name: \_\_\_\_\_  
 Parent Last Name: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 How did you find out about our programs: \_\_\_\_\_

**Select Program:**

- Pre-Canksate
- Canskate
- Adult Group
- Beginner Figure Skating

**Select Day(s):**

- Sunday A
- Sunday B
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

**Select Session:**

- May/June
- Summer Regular
- Summer Weekly  
Camp # \_\_\_\_\_

**Skate Canada Annual Membership Fee (Sept-Aug)**

- \$44.00, Renewal required every September.
- Previously paid this season

**Registration Fees:**  
 1<sup>st</sup> Class Fee: \$ \_\_\_\_\_  
 2<sup>nd</sup> Class Fee per session, per skater:  
 \$ \_\_\_\_\_ x 0.85 = \$ \_\_\_\_\_  
 Number of Skaters: \_\_\_\_\_

**Total Fee: \$ \_\_\_\_\_**

\*Payment in full must be included with registration to secure spot in class.

**\*Payment Method:**

Visa/Mastercard: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ Exp: \_\_\_\_/\_\_\_\_ CVV: \_\_\_\_\_

Cash: \_\_\_\_\_

Cheque #: \_\_\_\_\_

**Extreme Edge Waiver:**

I, the parent or legal guardian of the participant, accept full financial responsibility for this application. Membership fee (Skate Canada & EESC) is non-refundable. Refunds are only given with medical note or 1 week prior to commencement of start date by withdrawing from program. No refunds or credits will be issued unless the program is cancelled by the Extreme Edge Skating Club (EESC). Schedule is subject to change. In consideration of the benefits awarded to us by acceptance of this application, I agree to save and hold harmless and release EESC, all coaches and assistants, and any private or municipal rink of and from any and all claim rising from bodily injury and property damage sustained by the student. Further, I agree to abide by the Rules and Regulations of Skate Canada and the Extreme Edge Skating Club as set down by the Board of Directors. A Skate Canada annual membership (September 1 - August 31) is required to register in the class; therefore, the participant's name, birthdate, address, email, and phone number provided with the registration form is shared with our governing organization, Skate Canada, only.

The EESC has my permission to publish my child's picture, results, and/or name for advertising, and displays and/or any written acknowledgement on our website. EESC administration must be notified by email at extreme.edge@shaw.ca if consent is revoked.

Parent's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_ (Month, Day, Year)

# SKATE CANADA ASSUMPTION OF RISK AND WAIVER

**PLEASE READ CAREFULLY:**

## **1. ACKNOWLEDGMENT OF INHERENT RISK**

I understand that participation in skating, figure skating, and any other sporting activities listed in the enclosed appendix (hereinafter the "Sports Activity") is voluntary, and involves inherent risk during participation, including the risk of possible accidents, physical injury, or exposure to the COVID-19 virus or other infections or infectious diseases as a result of attending training, club events or competitive events. I freely accept and fully assume all such risks, dangers and hazards, including but not limited to personal injury, disease transmission, death, property damage or loss, resulting from my participation. I have carefully considered the risks involved, and I have full confidence that reasonable precautions will be taken to ensure the safety and well-being of myself (or my son/daughter/ward).

## **2. WAIVER**

I do for myself (or my child), and our respective heirs, executors, administrators, successors and assigns, hereby waive, release, and forever discharge Skate Canada and/or Skate Canada: Alberta-Northwest Territories/Nunavut Association (Skate Canada: Alberta-NWT/Nunavut Section), all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Extreme Edge Skating Club, their officers, partners, agents, employees, servants, representatives, volunteers, coaches, officials, successors and assigns (the "Representatives") of and from any actions, causes of action, complaints, demands and claims or any recourse whatsoever ("Claims") that I have or may have in the future in any way connected with my (or my child's) participation in the Sports Activity contemplated herein, whether in law or in equity, in respect of personal injury, illness or disease transmission, loss of life, or property damage of any kind or nature, and I do hereby discharge the Representatives from any such liability. This includes negligence, breach of contract or breach of any statutory or other duty of care.

## **3. INDEMNIFICATION**

I further agree to fully indemnify and defend Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Extreme Edge Skating Club and any of their Representatives from and against any and all Claims brought against Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Extreme Edge Skating Club and any of their Representatives, including all related costs and expenses, and against any loss, costs, damages, or expenses which Skate Canada and/or Skate Canada: Alberta-NWT/Nunavut Section, all Regions of Skate Canada: Alberta-NWT/Nunavut Section, Extreme Edge Skating Club and any of their Representatives may sustain, suffer, incur, or be liable for resulting from, arising from, or in any way related to my (or my son/daughter/ward's) participation in the Sports Activity. I also agree and undertake not to make any claim or take any proceedings against the Representatives set out above, or any other person or corporation which might claim contribution or indemnity under the provisions of any statute or otherwise from the Representatives set out above.

#### 4. SEVERABILITY

The provisions of this Assumption of Risk and Waiver shall be deemed severable and if any provision or portion thereof is held invalid, illegal or unenforceable for any reason, the remainder shall not thereby be invalidated, but shall remain in full force and effect.

**Acknowledgement:** I am aware of the nature and effect of this Assumption of Risk and Waiver and I fully understand all of the terms and conditions above. I understand that I have given up substantial rights by signing this Assumption of Risk and Waiver and I am signing it freely and voluntarily without inducement.

**Parent/Guardian:** I certify that I am the parent or legal guardian of the participant named below and that I am entitled to his or her custody and control. I understand the aforesaid inherent risks that could arise from these activities, I grant permission for my son/daughter/ward to participate in the Sports Activity and other activities incidental thereto and I execute this Assumption of Risk and Waiver on behalf of myself and my son/daughter/ward.

**Participant's Name:** \_\_\_\_\_ **Date of Birth (D/M/Y):** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Participant's Signature: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_ / \_\_\_\_\_

Parent/Guardian Signature(s): \_\_\_\_\_ / \_\_\_\_\_

Date (D/M/Y): \_\_\_\_ / \_\_\_\_ / \_\_\_\_

#### Appendix

##### *Additional Description of Sports Activity*

Please circle one of the programs:

Canskate/ Jr. Prep./ Star Skate/ Competitive Figure Skating/ Adaptive Skating