



Group Skating 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.

Club Office:

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

Club Contact:

extremeedgeskating@gmail.com
Phone: 780-456-6851
Website: 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.

Group Class Schedules

January/February 2023

Day	Class Dates	Location	Time	Groups	Fee
Sundays A	Jan 8, 15, 22, 29 Feb 5, 12, 19 , 26	Londonderry Arena	1:00-1:45pm	<ul style="list-style-type: none"> Pre-Canskate Canskate Beginner Figure Skating 	7 Classes = \$112.00
Sundays B	Jan 8, 15, 22, 29 Feb 5, 12, 19 , 26	Londonderry Arena	2:00-2:45pm	<ul style="list-style-type: none"> Pre-Canskate Canskate 	7 Classes = \$112.00
Mondays	Jan 9, 16, 23, 30 Feb 6, 13, 20 , 27	Londonderry Arena	7:00-7:45pm	<ul style="list-style-type: none"> Pre-Canskate Canskate Adult 	7 Classes = \$112.00
Tuesdays	Jan 3, 10, 17, 24, 31 Feb 7, 14, 21, 28	Londonderry Arena	6:45-7:30pm	<ul style="list-style-type: none"> Pre-Canskate Canskate Beginner Figure Skating 	9 Classes = \$144.00
Wednesdays	Jan 4, 11, 18, 25 Feb 1, 8, 15, 22	Londonderry Arena	6:45-7:30pm	<ul style="list-style-type: none"> Pre-Canskate Canskate 	8 Classes = \$128.00
Thursdays	Jan 5, 12, 19, 26 Feb 2, 9, 16, 23	Londonderry Arena	6:45-7:30pm	<ul style="list-style-type: none"> Pre-Canskate Canskate Beginner Figure Skating 	8 Classes = \$128.00
Fridays	Jan 6, 13, 20 , 27 Feb 3, 10, 17, 24	Clareview Arena B	6:30-7:15pm	<ul style="list-style-type: none"> Pre-Canskate Canskate 	7 Classes = \$112.00

Annual Skate Canada Membership required: \$44.00 per skater (valid Sept thru Aug)

Discount: Choose 2 classes per week, per skater and save 15% off of the lowest price class.

Schedule subject to change. No classes on blocked out dates with strike through.

No refunds or make-up classes for group skating lessons.

How to Register:

- Online at ExtremeEdge.ca
- In person during office hours with cash/visa/mastercard
- Over the phone with visa/mastercard

Group Class Schedules

March 1 - April 6, 2023

Day	Class Dates	Location	Time	Groups	Fee
Sundays A	Mar 5, 12, 19, 26 (No class Apr 2)	Londonderry Arena	1:00-1:45pm	<ul style="list-style-type: none"> Pre-Canskate Canskate Beginner Figure Skating 	4 Classes = \$64.00
Sundays B	Mar 5, 12, 19, 26 (No Class Apr 2)	Londonderry Arena	2:00-2:45pm	<ul style="list-style-type: none"> Pre-Canskate Canskate 	4 Classes = \$64.00
Mondays	Mar 6, 13, 20, 27, Apr 3	Londonderry Arena	7:00-7:45pm	<ul style="list-style-type: none"> Pre-Canskate Canskate Adult Group 	5 Classes = \$80.00
Tuesdays	Mar 7, 14, 21, 28, Apr 4	Londonderry Arena	6:45-7:30pm	<ul style="list-style-type: none"> Pre-Canskate Canskate Beginner Figure Skating 	5 Classes = \$80.00
Wednesdays	Mar 1, 8, 15, 22, 29, Apr 5	Londonderry Arena	6:45-7:30pm	<ul style="list-style-type: none"> Pre-Canskate Canskate 	6 Classes = \$96.00
Thursdays	Mar 2, 9, 16, 23, 30, Apr 6	Londonderry Arena	6:45-7:30pm	<ul style="list-style-type: none"> Pre-Canskate Canskate Beginner Figure Skating 	6 Classes = \$96.00
Fridays	Mar 3, 10, 17, 24, 31	Clareview Arena B	6:30-7:15pm	<ul style="list-style-type: none"> Pre-Canskate Canskate 	5 Classes = \$80.00

Annual Skate Canada Membership required: \$44.00 per skater (valid Sept thru Aug)

Discount: Choose 2 classes per week, per skater and save 15% off of the lowest price class.

Schedule subject to change. No classes on blocked out dates with ~~strike through~~.

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**CanSkate
PatinagePlus**

Group Class Schedules

Mini Camp April 10-30, 2023

Day	Class Dates	Location	Time	Groups	Fee
Sundays A	April 16, 23, 30	Clareview Arena A	2:00-2:45pm	<ul style="list-style-type: none"> Pre-Canskate Canskate Beginner Figure Skating 	3 Classes = \$48.00
Sundays B	April 16, 23, 30	Clareview Arena A	3:00-3:45pm	<ul style="list-style-type: none"> Pre-Canskate Canskate 	3 Classes = \$48.00
Mondays	April 10, 17, 24	Clareview Arena A	6:45-7:30pm	<ul style="list-style-type: none"> Pre-Canskate Canskate Adult Group 	3 Classes = \$48.00
Wednesdays	April 12, 19, 26	Clareview Arena A	6:45-7:30pm	<ul style="list-style-type: none"> Pre-Canskate Canskate 	3 Classes = \$48.00
Thursdays	April 13, 20, 27	Clareview Arena A	6:45-7:30pm	<ul style="list-style-type: none"> Pre-Canskate Canskate Beginner Figure Skating 	3 Classes = \$48.00
Fridays	April 14, 21, 28	Clareview Arena A	6:30-7:15pm	<ul style="list-style-type: none"> Pre-Canskate Canskate 	3 Classes = \$48.00

Location is Clareview Arena A: Clareview Rec Centre 3804-139 Avenue

Annual Skate Canada Membership required: \$44.00 per skater (valid Sept thru Aug)

Discount: Choose 2 classes per week, per skater and save 15% off of the lowest price class.

Schedule subject to change. No classes on blocked out dates with ~~strike through~~.

No refunds or make-up classes for group skating lessons.

How to Register:

- Online at ExtremeEdge.ca
- Over the phone with visa/mastercard
- In person during office hours with cash/visa/mastercard



**CanSkate
PatinagePlus**

Covid-19 Safety:

- Please stay home if you or your child is sick.
- Wear a mask if you prefer.
- 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.
- 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:

- Buy proper Hockey skates or Figure skates purchased from ProSkate or United Sport and Cycle - 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 adjustable skates with straps. Do not buy them. They are difficult to learn in due to unproportioned blade to boot ratio and lack of proper ankle support. 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.

****Good Example Items****



Figure Skates



Hockey Skates

Hockey Helmets:

- Hockey helmets are required for all group classes (CSA approved.)
- 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.



Hockey Helmet
(with cage)

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. Also, skaters with bulky clothing often become too hot while exercising.

****Please do not buy these items for skating lessons****



Extreme Edge Skating Club

Group Skating Lessons Application Form:

Skater #1 Info:

First Name: _____

Last Name: _____

Age: _____

Birthdate: _____ (Month, Day, Year)

Previous Skating Experience: _____

Medical Issues: _____

Skater #2 Info:

First Name: _____

Last Name: _____

Age: _____

Birthdate: _____ (Month, Day, Year)

Previous Skating Experience: _____

Medical Issues: _____

Family Info:

Parent First Name: _____

Parent Last Name: _____

Parent Birthdate: _____ (required for account)

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:

- Sept/Oct
- Nov/Dec
- Jan/Feb
- Mar 1-Apr 6
- Apr Mini Camp
- May/Jun
- Summer Regular
- Summer Weekly Camp

2022-2023 Skate Canada Annual Membership Fee (Sept-Aug)

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

Registration Fees per session:

1st Class Fee: \$ _____

2nd 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)