

Welcome to the **STOUFFVILLE SKATING CLUB**
PRECANSKATE PROGRAM—Thursday Session

The PRECANSKATE learn to skate program has been designed for children who are 3 to 5 years old. Each week the skaters learn a new skill and take home a colouring sheet to remind them of what they learned. With the use of music, toys and lots of fun, some of the skills we develop are getting up, balance while moving forward, stopping, pushing, gliding, turning, jumping, spinning and moving backward. The skaters also experience special days, such as a Teddy Bear's picnic & circuit days (they move to different coaches to do different activities). This program is one day a week for half an hour. Children are taught in groups by a professional coach. Our program assistants, who are our Junior, Intermediate and Senior skaters, have attended clinics to help with this program.

CSA approved hockey helmets are mandatory. It is also mandatory that all parents remain at the arena. Please insure that skaters are dressed appropriately with warm clothing and mittens, keeping in mind that movement shouldn't be restricted by clothing and it is key that they stay dry. Skates should fit properly and the child must be able to stand up straight in the skates in order to participate. It is recommended that skates be sharpened before the beginning of the season and normally skates should be re-sharpened every 10 weeks.

This PRECANSKATE session will begin Thursday, September 18, 2008 and will run until Thursday, December 11, 2008 (13 weeks).

A Winter PRECAN session will begin on January 15, 2009 & run until April 23, 2009. Registration for the winter will take place in late November or early December. If a skater has acquired the above mentioned skills, he/she will have the opportunity to move into our CanSkate program.

Please remember that no parents are allowed on the ice as they are not covered by our insurance. Please provide an email address as our newsletters are sent out using email as well as any other important announcements. Email addresses will be kept confidential and will not be shown when our newsletters, etc. are sent. If you do not have email, please watch the bulletin board for the newsletter and for any other changes to the regular schedule and for special theme days. If there are any questions/concerns regarding this program please contact the skating office at 905-642-8651.