



**\*CSA approved helmets with face mask are mandatory for all programs.\***



*inside*

**EDGE**



**SKATING AND HOCKEY SCHOOL**

**Skating Lessons**



**WINTER 2018**



**"Learn to Skate with an EDGE"**

**519.841.3643**

[www.insideedgeskating.ca](http://www.insideedgeskating.ca)

## How Do I Register?

- 1. ONLINE:** Visit our website [www.insideedgeskating.ca](http://www.insideedgeskating.ca) click on the "register now" button on the homepage.
- 2. EMAIL:** Email Sharon ([sharon@insideedgeskating.ca](mailto:sharon@insideedgeskating.ca)) with your child's information.
- 3. BY MAIL:** Print off a registration form online and mail to 1001 Franklin Blvd., Cambridge, ON, N1R 8B5
- 4. OVER THE PHONE:** Call 519-841-3643
- 5. IN PERSON:** Come visit us at our head office within the Cambridge Sports Park.  
*\*We accepted cash, cheque, visa, master card and e-transfers. Cheques payable to "Inside Edge". Prices include HST.*

### PROGRAM CONFIRMATION

A confirmation receipt will be emailed to you prior to the program start date. Please keep this receipt for CHILD TAX FITNESS credit.

### CANCELLATION POLICY

Requests to withdraw from a program will be accepted up until and including the second scheduled class of the session.

### REFUNDS AND CREDITS

If you have withdrawn from the program in the allotted time a refund will be issued within 2 weeks with an additional \$25 administration fee. Credit notes are not subject to any administration fee and are valid indefinitely and can be used towards any Inside Edge program. Please note cancellations will be pro-rated in the event any classes have occurred.

### NSF CHEQUES

Any payments returned NSF will be subject to a \$30 charge plus the outstanding balance.

### MAKE UPS

In order to maintain our group ratios, we are unable to offer make ups for any missed classes. You may inquire and we will do our best to accommodate. Any classes missed due to statutory holidays or facility scheduling conflicts will be made up and are accounted for.



**Head Office & Program Location**

Cambridge Sports Park  
1001 Franklin Blvd. Cambridge, Ontario,  
N1R8B5

**Contact:**



**Sharon Richardson**  
[sharon@insideedgeskating.ca](mailto:sharon@insideedgeskating.ca)  
519.841.3643

### Equipment Notes for Inside Edge Youth Skating Programs:

- Participants must wear a CSA approved hockey helmet with face mask.
- Warm mittens, snow pants or splash pants.
- Parents in the Parent & Me should wear a hockey helmet and be comfortable on skates.

**All programs are held at the Cambridge Sports Park**



[www.insideedgeskating.ca](http://www.insideedgeskating.ca)



**Follow us today!**

## Programs Ages 2.5 - 6

All programs are 11 weeks

\*No class Jan 20, 21 and Mar 14,15\*

## Programs Ages 7-12

All programs are 11 weeks

\*No class Jan 20, 21 and Mar 14,15\*

## Skate Power Programs

All programs are 11 weeks

\*No class Jan 20, 21 and Mar 14,15\*

### Parent & Me Ages 2.5-6/ 8:1/ 30 mins

This program is designed for beginner skaters who are not yet comfortable participating on their own. One adult per child. It is recommend that parents wear a helmet and are comfortable on skates.

| Day      | Time    | Start-End        | Cost  |
|----------|---------|------------------|-------|
| Saturday | 11:00am | Jan. 6 - Mar. 24 | \$185 |
| Sunday   | 1:00pm  | Jan. 7 - Mar. 25 | \$185 |

### Skate & Play 1 Ages 3-6/ 6:1/ 30 mins

Perfect for skaters with minimal or no experience at all on the ice. Participants go on their own without a parent.

| Day      | Time                        | Start-End         | Cost  |
|----------|-----------------------------|-------------------|-------|
| Saturday | 11:00am,11:30am, 12:20pm    | Jan. 6 - Mar. 24  | \$185 |
| Sunday   | 1:00pm, 1:30pm              | Jan. 7 - Mar. 25  | \$185 |
| Thursday | 4:00pm,4:30pm, 4:50, 5:20pm | Jan. 11 - Mar. 29 | \$185 |

### Skate & Play 2 Ages 4-6/ 6:1/ 30 mins

For skaters who can march confidently across the ice and stand up unassisted. This program is not recommended for first time skaters.

| Day      | Time                         | Start-End         | Cost  |
|----------|------------------------------|-------------------|-------|
| Saturday | 11:30am, 12:20pm             | Jan. 6 - Mar. 24  | \$185 |
| Sunday   | 1:30pm                       | Jan. 7 - Mar. 25  | \$185 |
| Thursday | 4:00pm,4:30pm, 4:50pm,5:20pm | Jan. 11 - Mar. 29 | \$185 |

### Skate & Play 3 Ages 4-6/ 6:1/ 30 mins

Suitable for skaters who are able to stride and glide and stand up unassisted.

| Day      | Time                         | Start-End        | Cost  |
|----------|------------------------------|------------------|-------|
| Saturday | 11:30am, 12:20pm             | Jan. 6 - Mar. 24 | \$185 |
| Sunday   | 1:30pm                       | Jan. 7 - Mar. 25 | \$185 |
| Thursday | 4:00pm,4:30pm, 4:50pm,5:20pm | Jan. 11 - Mar 29 | \$185 |

### Skating Skills 1

Ages 7-12/ 8:1/ 50 mins

Beginner and first time skaters.

| Day      | Time           | Start-End         | Cost  |
|----------|----------------|-------------------|-------|
| Saturday | 11:00am        | Jan. 6 - Mar. 24  | \$215 |
| Sunday   | 1:00pm         | Jan. 7 - Mar. 25  | \$215 |
| Thursday | 4:00pm, 5:00pm | Jan. 11 - Mar. 29 | \$215 |

### Skating Skills 2

Ages 7-12/ 8:1/ 50 mins

Suitable for skaters who are able to stride, glide and stand up unassisted.

| Day      | Time           | Start-End         | Cost  |
|----------|----------------|-------------------|-------|
| Saturday | 11:00am        | Jan. 6 - Mar. 24  | \$215 |
| Sunday   | 1:00pm         | Jan. 7 - Mar. 25  | \$215 |
| Thursday | 4:00pm, 5:00pm | Jan. 11 - Mar. 29 | \$215 |

### Skating Skills 3

Ages 7-12/ 8:1/ 50 mins

For the intermediate skater who can stop stride forward and skate backwards.

| Day      | Time             | Start-End         | Cost  |
|----------|------------------|-------------------|-------|
| Saturday | 11:00am, 12:00pm | Jan. 6 - Mar. 24  | \$215 |
| Sunday   | 1:00pm           | Jan. 7 - Mar. 25  | \$215 |
| Thursday | 4:00pm, 5:00pm   | Jan. 11 - Mar. 29 | \$215 |

### Skating Skills 4

Ages 7-12/ 8:1/ 50 mins

Skaters who are more advanced and able to skate forward with power and speed.

| Day      | Time           | Start-End         | Cost  |
|----------|----------------|-------------------|-------|
| Saturday | 11:00am        | Jan. 6 - Mar. 24  | \$215 |
| Sunday   | 1:00pm         | Jan. 7 - Mar. 25  | \$215 |
| Thursday | 4:00pm, 5:00pm | Jan. 11 - Mar. 29 | \$215 |

Skate Power programs have been designed for skaters in ringette or hockey. With our unique circuit training, focus on balance, power, agility, speed, technique and endurance will be covered during class. Skaters must wear full gear. We have specifically geared this program towards the house league and select level player.

Skate Power programs are 50mins in length and for ages 6-10.

### Skate Power 1

For skaters who have passed Skating Skills 4 or who are currently in ringette or hockey and need more focus on technique.

| Day      | Time    | Start-End         | Cost  |
|----------|---------|-------------------|-------|
| Saturday | 12:00pm | Jan. 6 - Mar. 24  | \$230 |
| Thursday | 4:00pm  | Jan. 11 - Mar. 29 | \$230 |

### Skate Power 2

For skaters who are progressing on forwards and backwards crossovers, transitions, edges and proper striding.

| Day      | Time    | Start-End         | Cost  |
|----------|---------|-------------------|-------|
| Saturday | 12:00pm | Jan. 6 - Mar. 24  | \$230 |
| Thursday | 4:00pm  | Jan. 11 - Mar. 29 | \$230 |

### Skate Power 3 & 4

Skaters will be assessed and a program will be designed based on their individual need.

| Day       | Time    | Start-End         | Cost  |
|-----------|---------|-------------------|-------|
| Saturday  | 12:00pm | Jan. 6 - Mar. 24  | \$230 |
| Thursday  | 4:00pm  | Jan. 11 - Mar. 25 | \$230 |
| Wednesday | 5:15 pm | Jan.10 - Mar 28   | \$230 |

Winter Session  
Begins Jan.6/18

Spring Session Begins May 2018

Summer Camps  
Coming July 2018