

White Rock South Surrey Skating Club

October 2009

CanSkate News

Thank you

to CanSkate parents and skaters, for your patience while coaches organized and fine-tuned the lesson groups during the first several weeks of September. By now, each skater should be familiar with their coaches and program assistants, as well as the members of their class group.

CanSkate Lesson Format

CanSkate sessions begin with a 5 minute warm-up, followed by a series of four 10 minute lessons. Coaches and program assistants rotate among the groups for these lessons: skaters will typically receive three lessons from a professional coach, and spend one lesson with a PA to practice their new skills through games and drills.

Hallowe'en Dress Up Days

WRSSSC celebrates Hallowe'en on October 27 & 29, when CanSkate members are encouraged to wear their scariest or silliest Hallowe'en costumes for their CanSkate lessons. Treats for everyone, and costume prizes too! Just remember to be safe on the ice – please, no masks covering the eyes or long costumes that might cause skaters to trip!

What's on in October:

Tuesday October 27

Hallowe'en Dress Up
& "Meet & Greet"

Thursday October 29

Hallowe'en Dress Up
& "Meet & Greet"



Parent Reminder

Young skaters are easily distracted, so we ask for your cooperation in watching CanSkate lessons from the arena bleachers. Parents are not permitted to enter the players' bench area unless invited by a coach or PA. Our coaches thank you!

Meet & Greet Days

On October 27 & 29, club board members and volunteers will be on hand during CanSkate to provide information and answer your skating questions. Please stop by for coffee and treats – we will be set up outside the club office.

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OFFICE HOURS: Tuesdays & Thursdays, 3:30-5:00 pm