

For the 2019-20 season, the Beausejour Skating Club (BSC) is pleased to be offering the following programs in Garson:

- **CanSkate** - Skate Canada's flagship learn-to-skate program for beginners of all ages and teaches 3 fundamental areas (Balance, Control and Agility) and basic skills. The program is set up in 6 stages and emphasizes fun and continuous movement and is taught in a group lesson format.
- **CanPowerSkate** (Beausejour -Pre-Season/Lac du Bonnet -Tuesday/Garson-Saturday)
Delivered by two nationally certified Coaches, CanPowerSkate is a Skate Canada program that focuses on balance, power, agility, speed and endurance skills, all of which are especially important to hockey and ringette players.

Coaches

We are excited to have Coaches Sarah Murkin-Debeuckelaere and Sybil Carello coaching at the club once again this year. Both are Skate Canada nationally certified coaches. Sarah coaches CanSkate (will be assisted by trained Program Assistants), STARSkate and CanPowerSkate. Sybil coaches STARSkate and CanPowerSkate.

Schedule

This year's season begins Saturday, October 12:

CanSkate: Saturday 12:15-1:00 p.m.

Program Fees and Fundraising Bonds

Program fees and fundraising bonds for the 2019-20 season are as follows:

	<u>Program Fees</u>	<u>Fundraising Bond</u>
• CanSkate Once-a-Week	\$220 (\$176.30+\$43.70 SC fee)	\$75
• CanPowerSkate	\$400 (SC fee included)	N/A