

ESPSC

SPRING SESSION
APRIL 2-MAY 30,
2024

Registration opens
March 12, 2024

www.espsc.ca
or scan QR code



**ESPSC Spring Session
Location:
Transcona East End CC
517 Pandora Ave. E,
Winnipeg**



ADULT & TOT

Adult & Tot (Pre-CanSkate) allows our very young skaters to experience the ice in our CanSkate program, with the guidance of a trusted adult. The Adults will be guided in how to assist their skater in our fun and dynamic CanSkate program. This is a great way to familiarize the skater with the program, teach the basics of skating, and build confidence by having someone assist them whom they trust.

Both skater and adult must be registered with Skate Canada for insurance purposes. **If not currently registered with ESPSC or another Skate Canada club, your membership must be applied to your registration.**

CANSKATE

Canada's flagship Learn-to-skate program is here for spring! This session will build on skills learned this winter, and offer a fun, fast paced opportunity for your skater. Sessions are booked as a package. For alternate sessions, please email tanyapilat@yahoo.com and we will see if we can accommodate your request. All skaters must be registered with Skate Canada for the 2023-24 skating year. **If not currently registered, the Skate Canada membership fee must be added to your registration.**



ADULT & TOT AND CANSKATE SCHEDULE TUESDAYS

Registration includes 9 sessions. Alternate sessions may be considered should skaters not be available all days. Please inquire with SkatingClubPresident@espsc.ca or tanyapilat@yahoo.com



April 2, 9, 16, 23, 30

5:30-6:00 - Adult & Tot

5:30-6:15 - CanSkate stages 1-7

May 7, 14, 21, 28

5:15-5:45 - Adult & Tot

5:15-6:00 - CanSkate stages 1-7



CANPOWERSKATE

Get a step up on the competition with PowerSkate, a high-energy instructional power skating program geared to hockey and ringette players. This program focuses on balance, control and agility skills including components of power and speed. Skating skills, techniques and performance drills are taught in a progressive format by Skate Canada coaches certified through the NCCP to enhance the skating ability required in game situations. Some of the top players in the NHL have trusted Skate Canada's best-in-class programs to help them reach hockey's biggest stage including Nathan MacKinnon, Matt Duchene, Mark Scheifele and Jeff Skinner. Skaters may be any age but must have previous skating experience that equates to **Stage 4 in CanSkate or higher**. Adaptive skaters and sledge hockey skaters who have an identified skating level are welcome. All PowerSkate participants must have hockey skates, gloves, a stick, and helmet. Full equipment is optional.

If not currently registered, the Skate Canada membership fee must be added to your registration.



CANPOWERSKATE SCHEDULE THURSDAY

Registration includes 8 sessions. Minimum number of skaters required to run the spring program. Alternate sessions may be considered should skaters not be available all days. Please inquire with SkatingClubPresident@espcc.ca or tanyapilat@yahoo.com



April 4, 11, 25

5:30-6:15 - CanPowerSkate

May 2, 9, 16, 23, 30

5:15-6:00 - CanPowerSkate



STARSKATE

STARSkate sessions are private lesson sessions. Ice fees are paid to the club, with coaching costs separate, billed and paid to the coach directly. Skaters are responsible for booking their own lessons with the coach.

Spins and turn session returns this spring! This half hour will be limited to 1/3 of the ice, including Fast Track perimeter ice usage. Skaters are expected to respect the CanSkate program taking place at the same time, but will have a designated area to work on spins and turns in preparation for their full ice session.

A full ice STARSkate open session will follow.



STARSkate Tuesdays/Thursday session schedule

April 2, 4, 9, 11, 16, 23, 25, 30

5:45-6:15 - Spins/Turns

6:15-7:45 - STARSkate Open

May 2, 7, 9, 14, 16, 21, 23, 28, 30

5:30-6:00 - Spins/Turns

6:00-7:30 - STARSkate Open



ADVANCED CANSKATE/FIGURE SKATING & STAR 1 GROUP

Our Advanced CanSkate/Figure Skating group lesson or the STAR 1 Group, will continue to advance your skaters figure skating skills with a 1 hour group lesson taught by one of our professional coaches. For the Advanced CanSkate, CanSkate skills will be mixed in with beginner figure skating skills, in a fluid program.

STAR 1 is the next level, and skills in ice dance, basic skating and jumps and spins will be introduced. The STAR 1 group lesson will be 1.5 hours in length. Coaching fees and ice fees are included in the registration.



ADVANCED CANSKATE/FIGURE SKATE & STAR 1 GROUP SCHEDULE TUESDAYS/THURSDAYS

April 2, 4, 9, 11, 16, 23, 25, 30

5:30-6:30 - Advanced CanSkate Figure Skate

6:15-7:45 - STAR 1 Group

May 2, 7, 9, 14, 16, 21, 23, 28, 30

5:30-6:30 - Advanced CanSkate Figure Skate

6:00-7:30 - STAR 1 Group