## ession



Adult skating is growing in popularity and more and more clubs are offering recreational, test and competitive opportunities to this segment of the population.

Adults participate in CanSkate, STARSkate and CanPowerSkate programs as well as on Synchronized skating teams. Adult championships currently provide opportunities to adult skaters to experience the challenge of a competition in a fun, social environment.

Noralta is pleased to be offering Adult programming once again, providing dedicated ice time to adults (18+) who wish to learn to skate for the first time, refine skills already learned as well as those who are former figure skaters/ hockey players who would like to dust off their skills in a adult only environment.

All sessions are taught by nationally certified instructors. Sessions are first come first served. Register early to avoid disappointment!



\*\*\*Sessions begin JANUARY 9, 2015\*\*\*

## Fridays 8:15PM-9:15PM Adult CanSkate \$175.00

## \*\*Important Notes\*\*

 All skaters on the Adult Canskate session <u>MUST</u> wear a CSA approved <u>helmet</u> (hockey or all-sport). No bike helmets! No exceptions!

Questions? Contact Tania @ (780)791-4674 or e-mail noraltaadmin@shaw.ca