

NOVEMBER 2009

FROM THE EDGE

Our Monthly Newsletter...For Your Information!



NO LESSONS: REMEMBRANCE DAY

Please note that there will be no skating lessons at Tipton Arena on **Wednesday, November 11th** due to the Remembrance Day holiday.

January Session Registration

If you haven't already registered, registration for the January - March 2010 skating session will be taking place on the following days:

Kinsmen Arena:

Saturday, November 28th @ 9:30-11am

Tipton Arena:

Sunday, November 29th @ 4-7pm

You can also register for the January session on-line at www.federationskatingclub.com or call the Club at 780-489-0971.

Child Fitness Tax Credits

Child Fitness Tax Credit receipts may be picked up at either of the registration days and outlined above.

Ice Show Photo Pick-up

Did you or your skater participate in the ice show at the end of last year's skating season? Did you have your photo taken by the professional photographer? If you did and have not yet picked up your photos, please collect your photos from the club table at one of the registration days outlined above.

Private Lessons

Private lessons are a great way to fast-track skaters' progress, and are available for every skater (5 years of age and up) and skill level. For information on coaches' qualifications and contact information, check out the Coaches' page on www.federationskatingclub.com. Contact the coach of your choice directly to book your private or semi-private lessons.

Skate Canada: H1N1

There has been a lot of news lately on the best prevention and treatment against H1N1 Infection; but, unlike other medical conditions, the information is changing quickly and often conflicting from week to week. It is sometimes difficult to know what is true and what to do!

Currently, Skate Canada is advising all clubs to increase member awareness of proper hygiene to reduce the transmission of respiratory infections like H1N1 and seasonal flu. Skate Canada is not recommending any additional measures such as infection surveillance or enforcement of cancellations of lessons, competitions, or social events at this time. If these Skate Canada recommendations change based on government notification, we will issue another communication to keep you up to date.

Here are some tips to keep you healthy:

Hand Washing Hygiene

- Frequently & thoroughly.
- Use soap & water or alcohol-based hand sanitizer.

The Sleeve Sneeze

- Catch germs on garments not hands, face or air spray.

Distance between Buddies

- Meet and greet without hand and face contact.
- Three feet or an arms length between buddies.

The Wipe-Down Brigade

- Frequent cleaning.
- Make all surfaces that have hand contact easy to wipe.



Event Calendar

Fall Session Start & End Dates

Tipton Tuesdays: Oct 6. – Dec. 8, 2009
Tipton Wednesdays: Oct. 7 – Dec. 16
Kinsmen Saturdays: Oct. 10 – Dec. 12
Tipton Saturdays: Oct. 10 – Dec. 12
Tipton Sundays: Oct. 11 – Dec. 13

Note: Christmas parties will take place at each arena on the last lesson day.

Holiday Break – No Lessons

Dec. 17th, 2009 – Jan. 1st, 2010

Winter Session Start & End Dates

Kinsmen Saturdays: Jan. 2 – March 20*
Tipton Saturdays: Jan. 2 – March 13
Tipton Sundays: Jan. 3 – March 7
Tipton Tuesdays: Jan. 5 – March 9
Tipton Wednesdays: Jan. 6 – March 10

**There will be no lessons at Kinsmen Arena on Saturday, Feb. 6th and Saturday, Feb. 13th due to scheduled hockey tournaments.*

Annual Ice Show

Rehearsal: March 20th, 2010

1:15-4:15pm @ Kinsmen Arena

Showtime: March 21st, 2010

1:30-4:30pm @ Confederation Arena

Contact Us

Mail:

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Web: www.federationskatingclub.com

Our Arenas

Confederation: 11204 – 43 Avenue

Kinsmen: 1979 – 111 Street

Tipton: 10828 – 80 Avenue

SkateWatch

Hard, plastic skate guards extend the life of your blades by preventing them from becoming dull and from scratching the metal. Dull, scratched blades need sharpening more often, and excessive sharpening shortens blades' lifespan. Guards also keep dirt off your blades – dirty blades make dirty ice, and can cause skaters to slip.



Soft blade covers are for when you are not wearing your skates.

They protect the blades from scratches and from damaging your skate bag with their sharp edges. They also absorb any excess moisture left from the ice and snow, so your blades won't rust and will last longer.



Both types of skate guards are available at skate shops.

Skating Word Search!

S	P	E	E	D	S	K	A	T	I	N	G	D	U	R
C	I	N	G	W	I	S	L	N	T	L	E	S	R	T
A	I	M	E	O	T	T	A	T	I	A	W	N	A	O
R	N	T	C	O	L	D	T	D	C	A	R	E	I	O
F	C	A	O	N	A	A	E	D	E	A	S	T	F	P
R	O	B	Z	E	N	H	M	N	R	I	D	T	E	O
A	U	L	C	L	O	W	F	R	I	C	T	I	O	N
A	N	A	A	C	I	U	L	I	N	S	T	M	H	D
E	W	D	K	O	T	R	T	L	D	D	S	A	L	O
N	G	E	E	S	A	T	I	D	O	C	N	E	R	S
K	Y	S	A	T	E	I	N	G	O	E	S	U	I	R
F	A	S	P	O	R	T	C	F	R	O	Z	E	N	E
A	T	A	R	O	C	U	N	A	D	E	R	I	K	G
F	I	G	U	R	E	S	K	A	T	I	N	G	H	T
K	I	L	O	M	R	E	T	R	E	S	L	O	N	G