



FLEXIBILITY, GYMNASTICS, CIRCUS CLASSES

SATURDAYS WINTER TERM 1

LOCATION: CHANNEL PERFORMANCE; 119 105 Street East

Chantel McDougall is one of Skate Saskatoon's Club Coaches who designed a Multi-Sport & Cross-Training Studio called Channel Performance. Channel Performance focuses on building well rounded athletes. From learning proper technique in acrobatics, flexibility, cross-training approaches to building strength, and different patterns of movement, athletes can show significant progress in their specific sport.

As well as a figure skating and power skating coach, Chantel's additional credentials are as follows:

- Certified Alixa Flexibility Module 1-4, there are only 2 coaches in Saskatchewan with Module 4 certification
- Wag 1 Gymnastics Coach
- Cheer & Performance Cheer Coach
- Intellidance Instructor- 3 months to 5 yrs old on meeting their physical development through music, gymnastics and dance. There are only 2 coaches in the province.
- Aerial arts instructor through Acrobatic Arts
- Ballet and Jazz instructor
- Track coach
- Active Start & Parkour coach through Gym Sask

PROGRAM

- Sanctioned cross-training sessions with Gym Sask in gymnastic skills
- Beam, bar, vault, and tumbling
- Circus- trapeze, silks and hoop
- Alixa Flexibility- founded in Ukraine and trained athletes across the world in various sports. Cirque du Soleil, professional ballerinas, gymnasts, and dancers.
- Strength and flexibility help injury prevention



INTERMEDIATE CLASS

- Skaters working on STAR 1-5; completed Stage 6 CanSkate
- Saturdays 8:45 am – 9:30 am
- Start date October 19 – 10 sessions
- Registration Fee \$180

ELITE/SENIOR CLASS

- Pre-Novice Competitive Skaters, STAR 6+ (passed STAR 5 Freeskate both parts)
 - Novice to Senior Competitive Skaters or Double Axel completed with a 50% success rate or higher
 - Saturdays 8:00 am – 8:45 am
 - Start date October 19 – 10 sessions
 - Registration Fee \$180
-
- All skaters are required to have an 24-25 Skate Canada Membership.
 - The effective period for the 24-25 Skate Canada membership is Sept. 1, 2024 – Aug. 31 2025 at a cost of \$58.65. If this is not already in place it will be automatically added at checkout.
 - All registration fees listed above do not include the Skate Canada fee or applicable taxes.
 - **To register log into your member account on the Skate Saskatoon website, select registration, season of Winter Term 1 and category of off-ice on the left side of the registration page.**

For program content questions email directorofskating@skatesaskatoon.com.

For registration questions email office@skatesaskatoon.com.



EVERY MODULE BUILDS
THE FOUNDATION
FOR **PROGRESS!**



