



October Skating News



What's Happening at the Rink?

In October skaters get to wear their Hallowe'en costumes!!!! There will be no skating on Monday October 31st, so Canskaters are invited to wear their costumes on October 25th and October 27th. Please keep in mind that skaters need to be able to see, as well as watch for the length of costumes to avoid tripping, and having the ability to get up!

Thanksgiving Monday (October 10th) is a regular skating day.

Thanks to all skaters for selling chocolates this year. We have extra boxes available for purchasing if you'd like to sell more. Drop by the skating office to pick them up.

Please remind your Canskaters to use Dressing Rooms 1 and 2 only.

Thanks to our PAs

Our program assistants are an integral part of our Canskate program. They assist coaches and new skaters each week on a volunteer basis. This year's PAs include: Jessica W, Sarah P, Stephanie A, Alison O, Taylor P, Emily I, Ashlyn O, Jenna C, Adrianna S, Megan A, Natalie W, Morgan L, Jillian L, Emma D, Reagan H, Rileigh S, Mike P & Keith I

Norcard Fundraiser Back by Popular Demand!

This year our Norcard fundraiser runs from October 16th to October 28th. It's packed full with wrapping paper, cards, calendars and more. Start your Christmas shopping early! Look for information outside the club office in the next few weeks.

Orono Fair a Big Success This Year!

Great to see so many of you out at the fair. Thanks for supporting our booth. Once again, it was a great start to our club fundraising!





Orono Figure Skating Club



Technique + Power = Speed

WANT TO ADD POWER, SPEED AND ENDURANCE TO YOUR SKATING?

In our CanPowerskate session we will work on;

- ✓ *Technique*
- ✓ *Proper upper and lower body movements*
- ✓ *Edge work*
- ✓ *Backward and forward stride development*
- ✓ *Pivots and turns*
- ✓ *Crossovers*

\$260

50 MINUTE SESSION PER WEEK (10 WEEKS)

Sunday's 11:00-11:50am

Mona Hood; Head Instructor

- *Experienced professional skating coach (20+ Years)*
- *Level II NCCP coaching certification*
- *Canpowerskate Certification (10+ Years)*
- *Current First Aid certification*

For more information contact oronofsc@oronofsc.com or mhood@bell.net