

PROFESSIONAL COACHING STAFF

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ALL APPROVED SKATE CANADA
COACHES AND SKATERS WELCOME

EXCEL 2019 SUPPORT TEAM

Markham Skating Club
Waveworkz
Centennial Centre Staff
EXCEL Professional Coaches

OFF ICE SPECIALISTS

Stretch/Flexibility
Linda Daniel,
Canadian Certified Athletic Therapist

Dance
Alessia Prosperi,
Dance Instructor/Choreographer
BFA in Dance Education

JumpFit
Candice Glover,
Certified Canfitpro Instructor

MOTUS O Dance Theatre
Jack Langenhuizen, BA
Co-Artistic Director, Choreographer,
Teacher, Performer

FOR MORE INFORMATION PLEASE CONTACT

Michele Britten
School Director
905.640.8488

Tracey Jones
School Director
905.721.1921

**Personalized Memberships
are available upon request.**

Total discounts not to exceed limits set by directors.

**Applications are welcome at any time.
However, registrations are subject to
availability on session caps.**

Limited, one day guest fees at discretion of directors.



Every Skater's
Flexible Summer Program

July 8 - August 15, 2019
Markham Centennial Arena

*Sanctioned by Skate Canada
Markham Skating Club*

SUMMER PROGRAM**Markham Centennial Community Centre**

Excel's Summer Program includes professional group instruction every day.

CHOOSE YOUR WEEKS / CHOOSE YOUR DAYS**WEEK 1 JULY 8 - 11****WEEK 2 JULY 15 - 18****WEEK 3 JULY 22 - 25*****WEEK 4 JULY 29 - AUGUST 1****WEEK 5 AUGUST 6 - 8****WEEK 6 AUGUST 12 - 15***

* Skate Canada Test Week/High Test Week

* Test Week - Single Week Membership requests may be waitlisted.

* Speak to your coach about Star Testing.

BACK BY POPULAR DEMAND...**ADVANCED and JUNIOR EXCEL**

JUNIOR QUALIFICATIONS:

Lowest - passed CanSkate Stage 5

Highest - passed all Star 1 Tests

LOOKING FOR MORE ICE TIME?

Enquire about our 'Extended Ice Time' Memberships

CHOOSE YOUR TIME

We are pleased to offer even more flexibility to our program along with lower caps!
Choose Excel A or Excel B when registering.

EXCEL A - ADVANCED

3:10 - 3:20 PM Excel Warm Up

Dedicated to edge work, turns, body line development and more

3:20 - 4:30 PM Open Freeskate/Skills/Dance

Session time for individual practise and lessons in all disciplines

4:40 - 5:10 PM Off Ice Class

Stretch & Flexibility, Jumpfit, Dance & Performance

EXCEL B - ADVANCED

4:00 - 4:30 PM Off Ice Class

Stretch & Flexibility, Jumpfit, Dance & Performance

4:40 - 5:50 PM Open Freeskate/Skills/Dance

Session time for individual practise and lessons in all disciplines.

5:50 - 6:00 PM Excel Workout

A comprehensive daily power stroking session

EXCEL A - JUNIOR

3:30 - 4:20 PM Open Freeskate/Skills/Dance

Session time for individual practise and lessons in all disciplines.

4:20 - 4:30 PM On Ice Class

Group Lesson

4:40 - 5:10 PM Off Ice Class

Stretch & Flexibility, Jumpfit, Dance & Performance

EXCEL B - JUNIOR

4:00 - 4:30 PM Off Ice Class

Stretch & Flexibility, Jumpfit, Dance & Performance

4:40 - 5:30 PM Open Freeskate/Skills/Dance

Session time for individual practise and lessons in all disciplines.

5:30 - 5:40 PM On Ice Class

Group Lesson

	4 Wks or More	3 Wks or Less
4 Days	Adv. - \$216/wk Jr. - \$189/wk	Adv. - \$227/wk Jr. - \$201/wk
3 Days	Adv. - \$193/wk Jr. - \$166/wk	Adv. - \$204/wk Jr. - \$178/wk
2 Days	Adv. - \$149/wk Jr. - \$131/wk	Adv. - \$158/wk Jr. - \$138/wk

EXCEL PACKAGES

Full Advanced Package (A or B) : \$1217

Full Junior Package (A or B) : \$1059

Extended Packages Available on request

Early Birds Pay in full by May 15, receive 5% off

Sibling Discounts Available on request

POLICIES

To be eligible to try a test, fees must be paid in full and skaters must be registered for all of test week. The skater must skate a minimum of 8 days, and have their name submitted to ESP 3 weeks prior to test day for Skate Canada.

A deposit of 50% or more of the total membership fees must be enclosed herewith. The balance is to be paid by post-dated cheque enclosed with the application, dated no later than 14 days prior to skater's arrival at the school.

Please contact the directors for alternative payment options, if necessary.

A charge of \$50 will be levied for any NSF cheque and must be replaced with a guaranteed form of payment.

No refunds or adjustments will be made due to the lack of ice time on test days.