



The Fire and Ice Gazette

JUNE

2016

Established in 1959

We don't just develop great skaters, we develop great people!



SKATECANADA
MEDICINE HAT SKATING CLUB

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BENEFITS TO ICE SKATING



5 Benefits of Ice Skating for Children

Ice Skating is undoubtedly one of the best things to do with the family especially over Christmas. Apart from being fun, Ice skating has a number of benefits. We've asked "Dancing on Ice" Ice Skating Star Coach – Robert Burgeman to round up the Top 5 Benefits of Ice Skating for Children:

1. **Ice Skating is a very sociable;** classes involve a lot of interaction
2. **Ice Skating Builds Confidence;** going out there and performing at an early age can help children become more extroverted
3. **Ice Skating has a strong Physical Aspect;** children are having so much fun that they don't even realize all the exercise ice skating involves
4. **Ice Skating Builds Discipline;** Robert found Ice Skating as a child kept him disciplined at a later stage as a teenager. This makes it a great sport for both teens and younger children. Practicing, listening to instructions, getting on and off the ice at a certain hour doesn't only build discipline but it can even help children at school as they get used to revising certain routines
5. **Ice Skating improves Communication;** Ice Skating lessons require children to listen and follow instructions which improves communication at home and at school

<https://www.youractivekid.co.uk/blog/5-benefits-ice-skating-children-top-ice-skating-coach-%E2%80%93-robert-burgeman>

SUMMER CAMPS AVAILABLE-
call for details

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Medicine Hat Skating Club Newsletter
June 2016

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CALENDAR



All classes are at the Family Leisure Center unless otherwise stated. Shared means ice is shared with the Cypress club. MHSC means we are on ice by ourselves

-June 2016-



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	2 5:00-6:00 Shared StarSkate 6:00-6:15 MHSC Stoking Stargroup /StarSkate 6:15-7:00 MHSC Stargroup/Power/CanSkate(2)	3 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	4
5	6 6:00-7:00 Shared StarSkate 7:00-8:00 MHSC StarSkate	7 6:00-7:00 Shared StarSkate 7:00-8:00 MHSC StarSkate	8 6:00-7:00 Shared StarSkate 7:00-8:00 MHSC StarSkate	9 6:00-7:00 Shared StarSkate 7:00-8:00 MHSC StarSkate	10 6:00-7:00 Shared StarSkate 7:00-8:00 MHSC StarSkate	11
12	13 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	14 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	15 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	16 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	17 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	18
19	20 NO SKATING	21 NO SKATING	22 NO SKATING	23 NO SKATING	24 NO SKATING	25
26	27 NO SKATING	28 NO SKATING	29 NO SKATING	30 NO SKATING		



Age: 9

Years in skating: 7 months, started on 4th October 2015, I had never even seen an ice-rink or Ice skates when I moved to Canada from the UK last September

Other activities enjoy: ringette, soccer, playing with friends, reading, dancing

Favorite thing about skating: I just love everything about skating

Goals for skating this year: To learn how to stop on my left foot, get quicker on the ice & have a good season in ringette as I go up to U12