



The Fire and Ice Gazette

MAY 2016

Established in 1959

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



SKATECANADA
MEDICINE HAT SKATING CLUB

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WHY CHOOSE SKATING



Families that play together stay together, or at least that's how the saying goes. If you take some time to have fun together, it can reduce stress and tension among family members.

Have you considered the health benefits of **ice skating** for the whole family? Ice skating is not just an Olympic sport or something that hockey players do. Indoor ice skating rinks allow for year-round fun, as well as outdoor rinks in the winter. (What's better during a hot summer day than going into an ice-cold rink and enjoying yourself for a few hours?)

Ice skating is great exercise. You stretch and strengthen your muscles, and skating provides excellent aerobic training. Besides being a great workout, ice skating is also a lot of fun!

Some basics about ice skating:

Finding an activity that you enjoy makes it more likely that you'll actually do it regularly. Consider going ice skating twice a week and then doing some other form of exercise for the rest of the week.

Even though ice skating takes some practice, it's something everyone in your family, with the exception of really little babies, can partake in.

If you're new to ice skating, learning how to keep your balance and feel comfortable will take a little time. Though it may be frustrating, stick with it!

Read more: <http://childdevelopmentinfo.com/child-activities/ice-skating-great-family-fun/#ixzz3xifERc5v>

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Medicine Hat Skating Club Newsletter
May 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

-May 2016-



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:00-7:00 Shared StarSkate 7:00-8:00 MHSC StarSkate	3 6:00-7:00 Shared StarSkate 7:00-7:15 MHSC Stroking Stargroup /StarSkate 7:15-8:00 MHSC Stargroup/Power/CanSkate(1)	4 6:00-7:00 Shared StarSkate 7:00-8:00 MHSC StarSkate	5 6:00-7:00 Shared StarSkate 7:00-7:15 MHSC Stroking Stargroup /StarSkate 7:15-8:00 MHSC Stargroup/Power/CanSkate(2)	6 NO SKATING	7
8	9 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	10 5:00-6:00 Shared StarSkate 6:00-6:15 MHSC Stroking Stargroup /StarSkate 6:15-7:00 MHSC Stargroup/Power/CanSkate(3)	11 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	12 5:00-6:00 Shared StarSkate 6:00-6:15 MHSC Stroking Stargroup /StarSkate 6:15-7:00 MHSC Stargroup/Power/CanSkate(4)	13 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	14
15	16 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	17 5:00-6:00 Shared StarSkate 6:00-6:15 MHSC Stroking Stargroup /StarSkate 6:15-7:00 MHSC Stargroup/Power/CanSkate(5)	18 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	19 5:00-6:00 Shared StarSkate 6:00-6:15 MHSC Stroking Stargroup /StarSkate 6:15-7:00 MHSC Stargroup/Power/CanSkate(6)	20 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	21
22	23 Victoria Day NO SKATING	24 5:00-6:00 Shared StarSkate 6:00-6:15 MHSC Stroking Stargroup /StarSkate 6:15-7:00 MHSC Stargroup/Power/CanSkate(7)	25 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	26 5:00-6:00 Shared StarSkate 6:00-6:15 MHSC Stroking Stargroup /StarSkate 6:15-7:00 MHSC Stargroup/Power/CanSkate(8)	27 4:00-6:00 Shared StarSkate	28
29 Possible test day 12:15-8:15pm	30 5:00-6:00 Shared StarSkate 6:00-7:00 MHSC StarSkate	31 5:00-6:00 Shared StarSkate 6:00-6:15 MHSC Stroking Stargroup /StarSkate 6:15-7:00 MHSC Stargroup/Power/CanSkate(9)				

SKATER OF THE MONTH- **Jane Anaka**



Age: 5

Years in skating: Almost 1 year

Other activities enjoy: swimming, ballet, bike riding, playing with friends

Favorite thing about skating: my teacher George and going fast

Goals for this year: my jumps, crossovers, and stopping faster