



## **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
- Full Program Registration Fee \$180
- Drop in Registration \$23 per session

## 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
  - Full Program Registration Fee \$180
  - Drop in Registration \$23 per session
- 
- 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 drop in instructions see Page 7 of the Winter Term 2 brochure – link on the homepage of the website.**

For program content questions email [directorofskating@skatesaskatoon.com](mailto:directorofskating@skatesaskatoon.com).

For registration questions email [office@skatesaskatoon.com](mailto:office@skatesaskatoon.com).



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



