

PROGRAM INFORMATION

KIDSKATE PROGRAM

Program Requirement: CSA approved hockey helmets are mandatory.

This 30 minute group program is an introduction to skating for 2 ½ - 4 year olds. Our Skating Coaches and their Program Assistants provide entertaining and fun lessons as they build the child's confidence and on-ice skating skills.

Tuesday: 5:00 - 5:30 PM **and/or** **Saturday:** 9:30 - 10:00 AM

Fall

1 Day package: \$80
2 Day package: \$105

Winter

1 Day package (Tues): \$235
1 Day package (Sat): \$235
2 Day package (Tues/Sat): \$315

CANSKATE PROGRAM

Program Requirement: CSA approved hockey helmets are mandatory for all beginners.

This 50 minute learn-to-skate group program is designed for children 4 and older. The basics of forward & backward skating, stopping, turning, spinning and jumping are taught. Skaters are grouped by ability and age and are evaluated regularly and progress through the 6 stages at their own pace. Successful completion at each stage results in a badge. Report cards are provided at the completion of the Fall and Winter session as well as mid-way through the Winter Session.

Tuesday: 5:30-6:20 PM **Thursday:** 6:15-7:05 PM
Saturday: 10:00-10:50 AM **Saturday:** 11:00-11:50 AM

Fall

1 Day package: \$100
2 Day package: \$130

Winter

1 Day package (Tues or Thur): \$295
1 Day package (Sat): \$295
2 Day package (Tues/Thur): \$395
2 Day package (Tues/Sat or Thur/Sat): \$395

FAST TRACK PROGRAM

Program Requirement: Skaters MUST have Group Program Coordinator or Technical Director/Advisor approval. CSA approved hockey helmets are mandatory.

This 2 day/week program is designed for Canskaters who have been identified by the coaching staff to accelerate beyond the Canskate program. A weekly off-ice fitness class is part of this program.

Tuesday: 5:30-6:20 PM **and** **Saturday:** 8:00 - 8:50 AM

Fall Cost: \$145

Winter Cost: \$450

CANPOWER SKATE PROGRAM

Program Requirement: Hockey and ringette skaters in this program must wear full, CSA approved hockey equipment (including neck guards).

This 50 minute program is designed for skaters aged 6-12 who already have basic forward and backward skating skills and have the ability to stop on command without use of the boards. This program stresses balance, power, agility, speed and endurance skills, all of which are necessary for hockey and ringette. Strong skating skills and physical conditioning are provided through participation in this program. Assessments will be completed and provided.

Wednesday: 4:30-5:20 PM

Fall Cost: \$100

Winter Cost: \$265

ADULT PROGRAM

Program Requirement: CSA approved hockey helmets are mandatory for all beginners.

This popular group program is designed for adults of all ages wishing to learn to skate or upgrade their skills. Skaters will be given group instruction and individual feedback. Private lessons may be taught on these sessions by a professional coach of your choice (fees extra). Please see the Club's "Coaches Brochure" available on our website and at the arena for a list of our professional coaches.

Tuesday: 8:00 - 8:50 PM

Fall Cost: \$100

Winter 1 Cost {Oct. 14/08 – Dec. 9/08} \$135

Winter 2 Cost {Jan. 6/09 – Mar. 3/09} \$135

IMPORTANT INFORMATION

Registration: Registration for current members must be received by Tuesday, August 12, 2008, in order to secure a spot. After that date, registration will be open to the public and registrations will be processed on a first come, first serve basis. In-person registration will take place at Exhibition Arena on the following days:

Wednesday, August 6, 2008 5:30 – 7:30 pm

Thursday, August 7, 2008 5:30 – 7:30 pm

Registration forms can be found on the Club's website and printed off and mailed or faxed to the Club Office.

Cheques are payable to: Guelph Figure Skating Club (G.F.S.C.). No skater will be allowed on the ice or participate in tests until a registration form has been processed and payment received.

IMPORTANT INFORMATION (CONTINUED)

Family Discount: A \$25 discount applies to families with 3 or more children registered concurrently during a session.

Cancellation: The G.F.S.C. reserves the right to change or cancel any program for which there is insufficient paid registration. In the event of any program change or cancellation the registrants will be offered a full or pro-rated refund, as appropriate.

Withdrawals: Withdrawal requests (unless for medical reasons) must be made 1 week prior to the start of the first skating lesson. A full refund will be given less a \$10 admin. fee. The Skate Canada fee and any mandatory promotional fees will not be refunded. The request must be made in writing to the Board of Directors.

Refunds: Refunds will only be offered for cancellation of a registration within the first 2 lessons of a skating session. The request must be made in writing to the Board of Directors prior to the 3rd lesson. The Skate Canada fee and any mandatory promotional fees will not be refunded. No refund will be given for missed skating sessions or for those sessions cancelled due to test nights, inclement weather or building maintenance problems.

Orientation: Information sessions will be provided for the parents of KidSkaters and CanSkaters at the beginning of each session (approx. 3rd week into session). Notices will be posted at the arena.

Non-Skating Days: Saturday November 28, 2008, Tuesday December 16 2008, Holiday Break December 22, 2008 through January 2, 2009.

NSF Cheques: NSF cheques will be charged an admin. fee of \$30. Skaters cannot skate until all outstanding fees are paid in full by cash or certified cheque.

Program Change: A \$10 administrative fee will be charged for any program change received once an application has been processed. Program Change Requests recommended by a Coach are exempt from this fee.

G.F.S.C. Professional Coaches: Coaches with our Club are selected based on their qualifications and the needs of our membership. All of our coaches either have or are working on a minimum Level 1 certification from Skate Canada. In order to be a coach in good standing with Skate Canada all coaches are required to hold a current First Aid Certificate.

Use of Helmets: It is mandatory for all participants enrolled in our KidSkate and beginners in our CanSkate programs to wear a CSA approved hockey helmet. The use of a bicycle helmet or any other type of helmet in any G.F.S.C. program is strictly prohibited.

Skates: It is very important that your child has a proper fitting pair of skates. Skates are usually the same size as shoes or a size smaller depending on the make. Your child must be able to stand up straight in the skates and not go over on the ankles. If the skates are used, there must be proper support left in the skates. When purchasing skates, have your child stand up and bend his/her knees, you should only be able to put a pencil or a finger down the back of the skate. Skate sharpening is very important. If your child is in figure skates and on Stage 4 or higher they need to be sharpened differently than hockey skates.

PLEASE VISIT OUR WEBSITE (www.guelphskating.ca) FOR COMPLETE INFORMATION ON G.F.S.C. PROGRAMS AND REGISTRATION.

Guelph Figure Skating Club



FALL/WINTER SEASON 2008-2009

KidSkate, CanSkate, CanPower Skate, Fast Track and Adult Programs

Fall Session: September 2, 2008 - October 11, 2008

Winter Session: October 14, 2008 - March 7, 2009

Guelph Figure Skating Club
P.O. Box 774
Guelph, ON N1H 6L8
Phone: 763-8500 Fax: 763-4182
Email: guelphfsc@golden.net
www.guelphskating.ca

Arena: Exhibition Arena at Exhibition and Division Streets

Sanctioned to conduct Skate Canada Tests

