



**FALL/WINTER SKATING PROGRAM**  
**September 8, 2007 thru April 5, 2008**

**SKATING  
CARNIVAL  
SATURDAY  
APRIL 5  
1:00 pm  
&  
7:00 pm**

**SKATING SESSION INFORMATION:**

All skating sessions are held on the Heinz Arena except the Saturday programs which will be held on the Unico Arena.

**Precanskate** – for beginner skaters who are 3-5 yrs of age. Skaters must wear CSA approved helmet (not bicycle helmet). Group instruction by Professional coach for 30 minutes on a 1:10 coach/skater ratio. Coaches will be aided by Program Assistants.

**Sessions: Tuesday 5:30-6:00pm or Saturday 4:20-4:50pm Cost \$125.00 per session**

**Canskate** – for children who are working on badges 1,2,3,4 which are basic skating skills. Skaters must wear CSA approved helmet (not bicycle helmet). Group instruction by Professional Coach for 50 minutes on a 1:10 coach/skater ratio. Coaches will be aided by Program Assistants.

**Sessions: Tuesday 5:10-6:00pm or Saturday 4:00-4:50pm Cost \$225.00 per session**

**Prejunior** – for skaters working on badges 5,6,7. Introduction to all skating disciplines thru group lessons, including stroking, skills, dance & freeskate. Group instruction by Professional coach for 60 minutes on a 1:10 coach/skater ratio. Coaches will be aided by Program Assistants.

**Sessions: Tuesday 6:00-7:00pm or Saturday 3:00-4:00pm Cost \$225.00 per session**

**Private instruction may be given on any of the 3 above sessions but is not mandatory. If you are interested in private instruction, please contact one of our professional coaches to arrange lessons.**

**Junior** – Skaters must have passed badge 6 and working on the Preliminary disciplines (Dance, Skills or Freeskate). Skaters must have private lessons as no group time is provided other than a 10 minute stroking session.

**Sessions: Sunday 1:00-2:00pm, Tuesday 4:00-5:00pm, Thursday 5:30-6:30pm  
Cost \$175.00 per session**

**Intermediate** – Skaters must be at least 10 yrs of age and have passed one of the following disciplines: Preliminary Dances, Preliminary Skills or Preliminary Freeskate. Skaters must have private lessons as no group time is provided other than a 10 minute stroking session.

**Sessions: Sunday 12:10-1:10pm, Tuesday 7:10-8:10pm, Thursday 4:20-5:20pm  
Cost \$175.00 per session**

**Senior** – Skaters must be at least 12 yrs of age and have passed one of the following disciplines: Jr. Bronze Dances, Jr. Bronze Skills or Jr. Bronze Freeskate. Skaters must have private lessons as no group time is provided other than a 10 minute stroking session.

**Sessions: Sunday 11:00am-12:00pm, Tuesday 8:20-9:20pm, Thursday 3:30-4:30pm  
Cost \$175.00 per session**

**Teen Skate** – This is a learn-to-skate program designed for ages 10 & up which focuses on fun, participation and basic development. Group instruction given by Professional Coach for 60 minutes on a 1:10 coach/skater ratio. Coaches will be aided by Program Assistants. Private instruction may be given but is not mandatory. If interested in private lessons, please contact one of our professional coaches to arrange lessons.

**Session: Saturday 3:00-4:00 Cost \$225.00 per session**

**Open Freeskate** – This is a 50 minute session for skaters who are skating at Junior level or higher. Skaters must have private lessons as no group time is provided.

**Session: Saturday 2:00-2:50 Cost \$175.00 per session**

**Group Artistic, Dance, Skills Combined session** – This is a **14 week group session** teaching skaters artistic, dance and skills disciplines in a group format. Skaters are grouped according to their abilities and group instruction by professional coach is given for the full 1 hour and 40 minutes. Skaters must be registered on at least one other session to sign up for this session.

**Session: Sunday 2:10-3:50pm Cost \$225.00 for the 14 week program**

### **REGISTRATION INFORMATION:**

Registrations will be held in the lobby at the Sherk Complex on the following days:

Thursday August 9 from 6:00-8:00pm

Tuesday August 14 from 9:00-11:00am

Saturday August 18 from 10:00am-12:00pm

Wednesday August 22 from 6:00-8:00pm

Thursday August 30 from 6:00-8:00pm – this will be our final EARLY REGISTRATION DAY.

Late registrations received after August 30 will be subject to a \$50 late registration fee. SO REGISTER EARLY AND SAVE \$\$\$\$. This year we are once again offering payment by MasterCard, Visa and Debit at registration. Post-Dated cheques are accepted with 50% due at time of registration and 50% postdated to October 15. Skate Canada membership fee is \$30.00 per skater. We are offering a 10% discount off your total registration when registering for a 3rd session, and a 15% discount off your total registration when registering for a 4th session. \$30.00 N.S.F. fee will apply. A 50% discount will apply for a 3rd family member.

The L.S.C. reserves the right to limit skaters per session, reduce available hours, change times and dates based on registration numbers. The board also reserves the right to adjust skaters sessions based on their skill and level.