

2011-2012

Professional Coaching Staff:

Lisa Touesnard	(905) 692-6955
Catherine McNaughton	(289) 280-0396
Michellie Fletcher	(905) 765-9747
Ivan Havranek (dance)	(905) 358-2832
Cassandra Palumbo	(905) 545-5409

Session Days and Times

Day	Time	Session
Mon.	4:45 – 5:45	STARSkate Freeskate/ Dance & Pre-Junior
	5:45 - 6:15	Pre-CanSkate
	5:45 – 6:45	CanSkate
	6:15 – 6:45	Pre-CanSkate
	7:00 – 8:00	STARSkate Skills/Stroking
Wed.	4:30 – 5:30	Inter/Senior Freeskate
	5:15 – 6:00	STARSkate Stroking/Skills
	6:00 – 7:00	Junior Freeskate/Dance & Pre-Junior
Thurs.	5:15 – 6:00	PowerSkating (5 – 10 yrs.)
Fri.	4:45 – 5:30	STARSkate Skills/Stroking
	5:30 – 6:30	STARSkate Freeskate/Dance
	6:30 – 7:30	CanSkate
	6:30 – 7:00	Pre-CanSkate
	7:00 – 7:30	Pre-CanSkate

Please Note: all ice times are subject to change

2011 – 2012 Important Dates

Please mark these dates on your calendar!

Lessons start:

(STARSkate) Mon. Sept. 12
(Pre-CanSkate & CanSkate) Mon. Oct. 3
(Pre-Junior) Mon. Oct. 3
(PowerSkating) Thurs. Oct. 6

No skating on Hallowe'en, Oct. 31
but CanSkaters can dress up
on Mon. Oct. 24 or Fri. Oct. 28

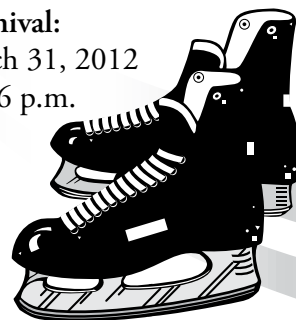
Christmas Exhibition Skate:
Monday, December 19 @ 7 p.m.

No skating (Holiday break):
Dec. 23 to Jan. 1

Carnival practice runs from:
Fri. March 2 to Wed. March 28, 2012
(excluding March Break March 12 to 16)

Carnival Dress Rehearsal:
Friday, March 30 @ 6 p.m.

Carnival:
Sat., March 31, 2012
1 & 6 p.m.



Theme Days

Join us for fun theme days, activity days, our Halloween party and Christmas Family Skate with our special guest. We hold an annual carnival which takes place at the end of the season, and all skaters have a chance to show their family and friends what they have accomplished!



SKATING CLUB

The small club with the big heart!

E-mail: GlanSkateClub@hotmail.com

Visit our website: www.GlanbrookSkate.com

2011 – 2012 Skating Programs

Registration Dates:

Wednesday, Sept. 7 5 - 7 p.m.
Saturday, Sept. 10 10 a.m. – 1 p.m.
Monday, Sept. 19 5 – 7 p.m.

at the Glanbrook Arena
4300 Binbrook Road, P.O. Box 301
Binbrook, Ontario L0R 1C0



SKATECANADA
GLANBROOK SKATING CLUB

Learn to skate programs

CanSkate is a fun, learn-to-skate program for beginners. The ideal starting point for future figure skaters, hockey players or ringette players. Run in a group format with instruction from professional coaches along with our program assistants teaching basic skating skills and techniques in a fun environment with games and theme days.

Pre-CanSkate a program with a shorter class time (1/2 hr) for 3-5 year-olds. Age-appropriate games and activities help preschoolers gain confidence and learn the basics of skating.

CanPowerSkate teaches balance, power, agility, speed and endurance especially important for hockey and ringette players. Eligible to skaters five years old and up who can already skate forward, backward and stop on command. Skaters will be grouped according to ability and full hockey equipments is require.

Figure skating programs

STARSkate is your CanSkater ready to progress to the next level? If your skater would like a more intensified program with a private coach, arrangements can be made with a member of our professional coaching staff. STARSkate offers opportunities to develop fundamental figure skating skills in the areas of ice dance, skills, freeskate and interpretive skating. Skaters are eligible to compete at local recreational interclub competitions and may choose to take tests to progress through the SkateCanada levels of preliminary to gold. Skaters must have completed at least CanSkate stage five to enter the test program. Arrangements with a coach must be made prior to registration, and coaching fees are in addition to the GSC ice fees.

Please note:

- Parents are **not** allowed on the ice at any time.
- CSA-approved hockey helmets are **mandatory** for all CanSkaters until they have completed Level 5.
- Food and drink are **not** permitted on the ice.
- Starskaters must keep in mind proper ice etiquette; rules will be distributed at the start of the season
- When a skater's music is being played, that skater has the right of way—all skaters must respect this policy.

Volunteer fees

Glanbrook Skating Club is a non-profit organization run by dedicated volunteers. All parents of skaters are **required** to do at least five volunteer hours, or pay an opt-out fee of \$50.00 (post-dated March 1, 2012). Your participation will ensure that your skaters will have a successful year at the best possible price.

STARSkater parents are strongly encouraged to help out playing music during the junior, intermediate and senior lessons.

Canskate parents can volunteer by putting toys out, bringing toys in, fundraising, looking after beverages/treats at the Christmas Family Skate, playing music, or helping out with our annual carnival.

Program fee guide

Please note that all skaters must pay a fee which includes SkateCanada membership, administration, carnival and insurance for your skater while on the ice, which are non-refundable. For Pre-CanSkate, CanSkate, Pre-Junior and PowerSkate, this fee is included in the price below.

Pre-CanSkate	\$215.00
CanSkate	\$290.00
(2 nd night per week, add)	\$160.00
Pre-Junior	\$290.00
CanPowerSkate	\$175.00
Free Skate/Dance*	\$210.00
Skills/Stroking*	\$110.00-\$210.00

*Ice fees only—does not include any coaching or administration fees.

2011 – 2012 Board of Directors

For more information, please call one of our Board of Directors:

Barb Forbes	President	905-679-6466
Sonia Cianciosi	Treasurer	905-318-8579
Nancy Davidson	Membership/ Secretary	905-772-1451
Barbara Fanson	Publicity Co-ordinator	905-679-9229
Lisa Touesnard	CanSkate Co-ordinator/ Coaches Rep.	905-692-6955
Anna Marie Toltl	CanSkate Liaison	905-692-1863
Debbie Lapierre	Test Chair	905-765-1348
Debbie Tosello	Music Room Program Assist/ & Coach Liaison	905-679-5524