

.....the little club with the big heart



### SESSION DAYS AND TIMES

DAY	TIME	SESSION
MON.	4:45 - 5:45	Starskate Freeskate/Dance Pre-Junior
	5:45 - 6:45	Canskate
	6:15 - 6:45	Pre-Canskate
	5:45 - 6:30	Pre-Power skate
	7:00 - 8:00	Starskate Skills/Stroking
WED.	5:15 - 5:30	Junior Group Stroking
	4:30 - 5:30	Inter/Senior Freeskate
	5:30 - 6:00	Starskate Combined Skills Junior Freeskate/Dance
	6:00 - 7:00	Pre-Junior
THURS.	4:30 - 5:15	Power skating Level 1
	5:15 - 6:00	Power skating Level 2 & 3
FRI.	4:45 - 5:15	Starskate Skills
	5:15 - 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

### 2009/2010 IMPORTANT DATES

Please mark these dates on your calendar!

Lessons begin:

**Starskate: Wed. Sept. 9<sup>th</sup>, 2009**

**Pre-Can, Pre-Power, Canskate & CanPower:  
(week of) Mon. October 5<sup>th</sup>, 2009**

**Christmas Exhibition Skate:  
Monday, December 21<sup>st</sup>, 2009 @ 7pm**

**No skating (holiday break):  
Dec. 23<sup>rd</sup> to Jan 3<sup>rd</sup>**

**Carnival practice runs from:  
Friday, Feb. 26<sup>th</sup> to  
Wednesday, Mar. 24<sup>th</sup>, 2010  
(excluding March break: Mar. 15 to 19)**

**Carnival dress rehearsal:  
Friday, March 26<sup>th</sup> @ 6 p.m.**

**CARNIVAL: Sat. March 27<sup>th</sup>, 2010**

Skating Terms and Other Useful Information:

- Parents are not allowed on the ice at any time.
- CSA-approved hockey helmets are a must for all beginner skaters
- Food and drink are not permitted on the ice.
- Star Skaters 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.

## GLANBROOK SKATING CLUB

Glanbrook Arena

4300 BINBROOK ROAD, P.O. BOX 301

BINBROOK, ONTARIO L0R 1C0



Email: [glanskateclub@hotmail.com](mailto:glanskateclub@hotmail.com)

Visit our website

[www.glanbrookskate.com](http://www.glanbrookskate.com)

**2009 – 2010**

### SKATING PROGRAMS

Mail Registration to the above  
address

#### 2009/2010 PROFESSIONAL COACHING STAFF

Lisa Touesnard (905) 692-6955

Catherine McNaughton (905) 561-3582

Michellie Fletcher (905) 765-9747

Krystyna Lazar (905) 765-6456

Ivan Havranek (905) 358-2832

## LEARN TO SKATE PROGRAMS

**Canskate** 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 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 required.

**Pre-Powerskate** A program with a shorter class time for 3-5 year-olds. Must be able to move forward on skates, or have passed Stage 2. Equipment. is not required.

## 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 Skate Canada 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.

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 all they have accomplished!

## VOLUNTEER FEES

GSC is a non-profit organization run by dedicated volunteers. All parents of skaters are required to do 5 volunteer hours, or pay an opt-out fee of \$50.00. Parents of our Starskaters can volunteer by helping out playing music during the junior, intermediate and senior lessons. Canskate parents can volunteer looking after the information table in the lobby during Canskate and helping out with our annual Carnival. Your participation will

ensure that your skaters will have a successful year at the best possible price.

## PROGRAM FEE GUIDE

Please note that all skaters must pay a fee which includes Skate Canada membership, administration, Carnival and insurance for your skater while on the ice, which are non-refundable. For Pre-Canskate, Canskate, Pre-Powerskate and Powerskate, this fee is included in the price below.

Pre-CanSkate	\$200.00
CanSkate	\$270.00
2 <sup>nd</sup> night/week add	\$130.00
Pre-Junior	\$ 270.00
Pre-Powerskate	\$230.00
CanPowerSkate	\$ 160.00
Free Skate/Dance	\$190.00
Skills/Stroking	\$95.00-\$190.00

\*ice fees only--does not include any coaching or administration fees

### FOR MORE INFORMATION, CALL ONE OF OUR CLUB'S EXECUTIVES:

Debbie Lapierre, President	905-765-1348
Barb Forbes, Treasurer	905-679-6466
Cathy Hall, Volunteer Coordinator	905-692-1519
Lisa Touesnard, Canskate Coordinator	905-692-6955
Bonnie Crook, Secretary	905-679-6466
Helen Ann Centritto	905-578-1227