



**GLOUCESTER
SKATING
CLUB
FALL 2005**



REFUND POLICY

Refunds will be issued up to one week prior to the start of the program. Gloucester Skating Club must receive written requests for refunds within the time specified.

There will be an Administration fee of 10% on all refunds.

There will be no rebates, substitutions or make-ups for missed lessons.

OFFICE HOURS:

Please call 830-1610 for office hours.

CLUB ADMINISTRATOR: Diane Letourneau

Tel: (613) 830-1610

Fax: (613) 830-3464

E-mail: info@gloucesterskatingclub.ca

**INTERAC / VISA / MASTERCARD
ARE ALL ACCEPTED**

- Payment must be made at the time of Registration to 'GLOUCESTER SKATING CLUB'
- \$5.00 Discount on 2nd and each additional sibling
- All classes are subject to cancellation due to insufficient registration.
- NSF Cheques returned by the bank will have a \$25 Administration fee applied.



Skate

Gloucester Skating Club

Skate Canada Member



**'CANPOWERSKATE'
FOR
BETTER
HOCKEY/RINGETTE
PROGRAM'**

Fall Session

September – December 2005

"ELIZABETH MANLEY"
INTERNATIONAL SKATING CENTRE

1490 Youville Dr.
Orleans, ON K1C 2X8
Tel: (613) 830-1610
Fax: (613) 830-3464

E-Mail: info@gloucesterskatingclub.ca
Website: www.gloucesterskatingclub.ca

'CANPOWERSKATE'

SKATER'S LAST NAME: _____

SKATER'S FIRST NAME: _____

ADDRESS: _____

CITY: _____ POSTAL CODE: _____

DOB: (M) _____ (D) _____ (Y) _____

Male _____ Female _____ AGE _____

TEL# (H) _____ (W) _____

Level of Play: (circle) REC COMPETITIVE

Return Member from Winter 2005? Yes ___ No ___

SESSION DAY: SESSION TIME: COST:
 SATURDAY 5:30 \$138 / 12 WKS
 WEDNESDAY 5:10 \$161 / 14 WKS
 WEDNESDAY 6:00 \$161 / 14 WKS

Session Cost:

Add Annual Skate Canada Registration Fee \$20

Fee covers from : Sept. 1, 2005 – Aug. 31, 2006: \$

Add \$5.00 discount for each additional sibling: \$

TOTAL COST \$

Pro-Rated Cost: _____ Pro-Rated Start Date: _____

CASH INTERAC VISA MASTERCARD
CHEQUE Date of Cheque: _____

Received by mail called ie: received
 CANCELLATION SCHEDULE received at time of regn.

ABOUT OUR PROGRAM

The 'CanPowerSkate for Better Hockey/Ringette Program' is an action-packed, high energy instructional power skating program geared to hockey and ringette players that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate is geared to skaters approximately six years of age or older who already have basic forward and backward skating skills and are able to stop on command. CanPowerSkate's Pre-Power is designed for young skaters, approximately four to six years of age who can stand up on skates and move forward. Pre-Power helps develop basic skating abilities including forward and backward skating, stopping, turning and agility skills. Pre-Power is offered within our CanSkate program. A separate brochure is available in our Club Office.

Our Coaching Team

Our team of Skate Canada Certified Professional Coaches is led by Kevin Robertson, an international competitor with 16 years of experience in coaching skating. Kevin and his team of enthusiastic, trained coaches are committed to providing quality instruction with the focus on continuous movement

Teaching Progressions

The CanPowerSkate program consists of skills divided into six levels, arranged in progressions gradually increasing in complexity. Levels 1 to 3 focus on the fundamentals of skating, Levels 4 to 6 place additional focus on the acquisition of efficient technique, speed, agility, technical aspects of stride and acceleration. Participants are required to wear a CSA helmet with face mask, neck brace, elbow and shin pads. A hockey or ringette stick is also required.

PROGRAM SCHEDULE

Fall Session: September – December

Classes are 50 minutes long and take place at the Orleans Recreation Complex.

SESSION TIME:

- SATURDAY 5:30P.M. – 6:20P.M.**
Starting date: Saturday, Sept. 17th
- WEDNESDAY 5:10P.M. – 6:00P.M.**
Starting date: Wednesday, Sept. 21st
- WEDNESDAY 6:00P.M. – 6:50P.M.**
Starting date: Wednesday, Sept. 21st

How to Register:

In Person: Gloucester Skating Club Office

In the Orleans Rec. Complex: upper level

OFFICE HOURS:

Please call 830-1610 for office hours.

By Mail: Gloucester Skating Club
1490 Youville Dr.
Orleans, ON
K1C 2X8