

**RIDEAU SKATING CLUB**  
**2009-2010 CANSKATE PROGRAMS**

Day	Session	Time
Mon	CanSkate	6:00-6:50 pm
<b>Tues</b>	CanSkate/ Parent & Tot <b>(Fred Barrett Arena, Leitrim)</b>	5:00-5:50 pm
Thurs	CanSkate	6:00-6:50 pm
Fri	CanSkate/ Adult /Parent & Tot	6:00-6:50 pm
Sat	CanSkate/ Parent & Tot	9:00-9:50 am

**\*Adult CanSkate minimum requirement 8 participants**

\*NB: the **Tuesday** session will be held at the **Fred Barrett Arena (East Rink)** at Bank and Leitrim; all other sessions are at the Manotick Arena.

**\*NEW: ORIENTATION TO CANSKATE**

Information sessions for all CanSkaters & parents. Please make every effort to attend.

**Fri, Sept 18, 6:00-6:50 Manotick**  
**Sat, Sept 19, 9:00-9:50 Manotick**  
**Mon, Sept 21, 6:00-6:50 Manotick**  
**Tues Sept 22, 6:30-7:30 Leitrim**

**CANSKATE SCHEDULE**

All programs will run for **20 weeks** from **Fri, Sept 25, 2009 - Fri Mar 12, 2010** at Manotick Arena; Tuesday sessions **Sept 29, 2009 – Mar 9, 2010**, at Fred Barrett Arena, Leitrim; inclusive.

**CANCELLATION DATES**

**Monday:** Oct 12, Dec 21, 28, Feb 1  
**Tuesday:** Nov 3, Dec 22, 29, Feb 2  
**Thursday:** Nov 5, Dec 24, 31, Feb 4  
**Friday:** Nov 6, Dec 11, 25, Jan 1, Feb 5  
**Saturday:** Nov 7, 14, Dec 26, Feb 6

**IMPORTANT CLUB DATES**

**XMAS PARTY – FRIDAY DEC 11, 2009**  
**(6:00-8:00)**  
**AGM- TBA**

**RSC 2009-2010 COACHES**

Name	Phone #
Andrew Bestwick	(819) 682-5257
Jan Calnan	(613) 821-0557
Marie-Josée Cloutier	(819) 459-2453
Katrina Millard-VanLuven	(613) 692-6217
Brandi Young	(613) 823-0840
Darryl VanLuven	(613) 692-6217

**RSC 2009-2010 EXECUTIVE**

Position	Name	Phone #
Past President	Kathleen Hedley	613-826-1050
President	Angela Justason	
Vice-President	Peggy Austen	613-822-0702
Finance	Robyn Hopkins	613-821-6239
Secretary	Kim Stewart	613-489-3194
Treasurer	Denise Dziubaniuk	613-826-0950
Registrar	Cathy Glavine	613-825-9313
Publicity	Dan Gray	613-523-6732
Special Events	Mary-Lou Mulvey	613-821-0466
Canskate Rep	Dominique Loftus	613-692-6643
Test Chair	Donna Johnston	613-692-2845
Coaches' Rep.	Brandi Young	(613) 823-0840



**2009-2010 CANSKATE BROCHURE**



Send Completed  
 Registration Forms to  
**RIDEAU SKATING CLUB**  
**P.O. BOX 422, MANOTICK, ON**  
**K4M 1A4**  
**ATTN: REGISTRAR**

OR ATTEND  
 REGISTRATION NIGHT  
**SEPT 9, 2009 5:00-6:30**  
 MANOTICK ARENA

For more information,  
 and Registration forms,  
 please check the club website  
[www.rideauskating.ca](http://www.rideauskating.ca),  
 Phone # 613-692-2804  
[rideauskating@gmail.com](mailto:rideauskating@gmail.com)

**We strongly recommend mailing  
 your registration in early to avoid  
 disappointment**

## 2009-2010 RSC CANSKATE PROGRAMS

**CanSkate:** is a national learn-to-skate program that is exciting, progressive and active. It introduces the six fundamental movements of skating in a group environment. The program is designed for future hockey and ringette players, figure, speed, or recreational skaters. Skaters should be 4 years of age by Oct 1<sup>st</sup> 2009.

Rideau Skating Club is proud to exceed the Skate Canada CanSkate Program Delivery standards by having each participant spend a minimum of 15 minutes per session in a group lesson with their NCCP (National Coaching Certification Program) coach. The remainder of the session, participants will be instructed in a large group or be supervised by our Program Assistants who reinforce the skills and activities taught by our Professional Coaches. Our Program Assistants attend a training course each year to develop the skills necessary to assist the Professional Coaches in delivering a high quality program in a professional and safe environment.

**Adult CanSkate:** introduces the six fundamental movements of skating in a group environment for adults, offered Fridays at the Manotick arena. **Minimum of 8 participants is required.**

**Parent And Tot:** is a parent and child, learn to skate, program. Parents skate with their child and help them learn to walk and gain balance to progress to gliding and then towards the six fundamental movements on the ice. Skaters are taught through the use of games, songs and activities in a fun and stimulating environment. Please, no bob-skates (doubleblades). Participating parents must wear skates to go on the ice. Skaters must be at least 3 years of age by October 1<sup>st</sup> 2009. This session is offered Friday & Saturday at the Manotick Arena and on Tuesday at Leitrim.

ALL CANSKATE PARTICIPANTS ARE REQUIRED TO WEAR A HELMET ON THE ICE. PLEASE REMEMBER TO BRING MITTENS AND A WARM JACKET FOR YOUR CHILD, AND TO DRESS THEM IN WARM PANTS. (JEANS ARE NOT RECOMMENDED.)

**Special Juniors / Adv CanSkate** is intended to provide both the skater and the parent with an "Introduction to Figure Skating". Private and Group lessons are offered. Group lessons include coaching fees; a coach is assigned by the club. Fees for private lessons are invoiced directly to the parent by the coach; the registration fee covers ice cost. A list of coaches is provided in the brochure and on the Club website. This program is available to those who have passed Level 3 CanSkate, and who have a desire to further their Figure Skating skills.

### MEMBERSHIP

Registration fee includes RSC membership, insurance for the skater, ice ,program fees, and **Skate Canada Membership (\$31 non-refundable)**

**\*NB:** There is a separate charge of \$31.00 (non-refundable) Skate Canada Membership for **parents** participating in **Parent & Tot**. Only a Parent who has been registered with Skate Canada can go on the ice with their child, and must be in skates. (No shoes or boots)

### PAYMENT

All fees must be paid in full prior to any skater being permitted on the ice. Applications are due with payment by **Sept. 24 , 2009**. All cheques are payable to **Rideau Skating Club**.

All CanSkate programs have 20 sessions in total. Costs are as follows:

- CanSkate, Adult CanSkate: \$255
- Parent & Tot sessions: **\$255+ \$31 for each Parent**

## OUTSTANDING FEES

Where a skater has an amount owing to the RSC for an extended period of time (more than 30 days), the board and / or coach has the right to not allow the skater on the ice until such time as all outstanding balances have been paid.

### REFUNDS

Please refer to our Refund policy posted on our website for full details. All refunds require board approval prior to being processed. Requests must be submitted in writing to the Registrar. A \$30.00 administrative fee will be deducted.

### LATE REGISTRATIONS

New registrations after sessions have begun will be pro-rated to the applicable number of weeks remaining in the selected program and may be subject to a \$30 administrative fee. Parent & Tot late registrations are still required to pay the Skate Canada Fee of \$31 ( non-refundable)

### RULES AND REGULATIONS

Rideau Skating Club reserves the right to move skaters between classifications, depending on the skater's ability and the professional coaches' recommendations. RSC reserves the right to change/cancel sessions and ice times depending on registration, and club requirements. All changes and/or cancellations will be posted on the Club's bulletin board at the arena. Skaters registering with the club must abide by the RSC rules, also posted on the Arena bulletin board. Skaters may not substitute one day of skating for another without prior permission from the registrar.