



**2010-2011 CANSKATE  
BROCHURE**



For more information and  
Online Registration,  
please see the club website  
[www.rideauskating.ca](http://www.rideauskating.ca)

Phone # 613-692-2804  
[rideauskating@gmail.com](mailto:rideauskating@gmail.com)

**Parent(s)/Guardian(s) must remain at the arena during all canskate sessions.**

**ORIENTATION TO CANSKATE**

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

**Sat, Sept 11, 9:00-10:00 am** Manotick Arena  
**Tues, Sept 21, 6:00-7:00 pm** Fred Barrett Arena

**RIDEAU SKATING CLUB  
2010-2011 CANSKATE PROGRAMS**

DAY	SESSION	TIME
Mon	CanSkate	6:00-6:50 pm
Tues	CanSkate (Fred Barrett Arena, Leitrim)	5:00-5:50 pm
Tues	Parent & Tot (Fred Barrett Arena, Leitrim)	5:00-5:50 pm
Thurs	CanSkate	6:00-6:50 pm
Fri	CanSkate	6:00-6:50 pm
Fri	Parent & Tot	6:00-6:50 pm
Sat	CanSkate	9:00-9:50 am
Sat	Parent & Tot	9:00-9:50 am

**CanSkate Co-ordinator: Jan Calnan**

**NOTE: All Parent & Tot participants must be 3 yrs by Sept 1, 2010. All Canskaters must be 4 yrs by Dec 31, 2010.**

\*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.

**CANSKATE SCHEDULE**

All programs will run for **20 weeks** from **Mon, Sept 13, 2010 – Sat Mar 5, 2011** at Manotick Arena; Tuesday sessions **Sept 28, 2010 – Mar 8, 2011**, at Fred Barrett Arena, Leitrim; inclusive.

**CANCELLATION DATES**

**Monday:** Oct 11, Nov 1, Nov 8, Dec 20, 27  
**Tuesday:** Nov 2, 30, Dec 21, 28,  
**Thursday:** Nov 4, 11, Dec 23, 30, Feb 3  
**Friday:** Nov 5, 12, Dec 24, 31, Feb 4  
**Saturday:** Nov 6, 13, Dec 25, Jan 1, Feb 5

**Important Club Dates**

**Family Skate**

Mon, Dec 13, - Sat Dec 18, 2010 during regular CanSkate sessions

**AGM**

May 28, 2011 (10:00-12:00)

**RSC 2010-2011 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 2010-2011 EXECUTIVE**

Position	Name	Phone #
Past President	Angela Justason	613-894-7518
President	Peggy Austen	613-822-0702
Vice-President	Cathy Glavine	613-825-9313
Secretary	Zaiqing Meng	613-271-8806
Treasurer	Mike Snook	613-260-7839
Registrar	Denise Dziubaniuk	613-826-0950
Publicity	Dan Gray	613-523-6732
Special Events	Carolyn Dupere	613-797-8755
Canskate Rep	Dominique Loftus	613-692-6643
Test Chair	Donna Johnston	613-692-2845
Coaches' Rep.	Brandi Young	613-823-0840

## 2010-2011 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 must be **4 years of age by Dec 31, 2010.**

Rideau Skating Club is proud to exceed the Skate Canada CanSkate Program Delivery standards by having each participant spend a minimum of 30 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.

**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 **3 years of age by Sept 1, 2010.** 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.)

**Adv CanSkate / Pre-Junior:** Intended to provide both the skater and the parent with an "Introduction to Figure Skating". Private and Group lessons are offered. Please see our 2010-2011 Fall/Winter Brochure for further details.

### 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 per **parent/ guardian** 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. 13 , 2010.** All cheques are payable to **Rideau Skating Club.**

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

- CanSkate, **\$265**
- Parent & Tot sessions: **\$265+ \$31 for each Parent = total \$296**

### 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 and require board approval prior to being processed. A \$30.00 administrative fee will be deducted. Skate Canada fee and insurance of \$31 is non-refundable.

### LATE REGISTRATIONS

New registrations after sessions have begun will be pro-rated on a monthly basis and may be subject to a \$20 administrative fee

### 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.

### PHOTO WAIVER

The applicant grants the Club the right for display or promotional purposes, the use of any photographs taken of the applicant and/or family members, and waives/releases any claim related to such use. The applicant may choose to opt out at time of registration.

## **RIDEAU SKATING CLUB**

P.O. Box 422,

Manotick, ON

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