



**2011-2012 CANSKATE/ADV CANSKATE PROGRAMS**

**CANSKATE LEARN TO SKATE PROGRAM**

All programs will run for **24 weeks.**

Monday, Thursday, Friday and Saturday sessions run from **Sat, Sept 10, 2011 through Fri, Mar 30, 2012** at Manotick Arena;

Tuesday sessions run from **Sept 27, 2011 through Mar 27, 2012**, at Fred Barrett Arena (East Rink) on Leitrim Road at Bank.

| DAY   | SESSION (24 sessions)                      | 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  |
| Sat   | CanSkate                                   | 9:50-10:40 am |

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

**CanSkate Cancellation Dates**

**Monday:** Oct 10, Oct 31, Dec 26, Jan 2, Feb 20  
**Tuesday:** Nov 29, Dec 27, Jan 17  
**Thursday:** Nov 3, Dec 1, Dec 29, Jan 19, Feb 2  
**Friday:** Nov 4, Dec 2, Dec 30, Feb 3, Feb 24  
**Saturday:** Nov 5, Nov 19, Dec 24, Dec 31, Feb 4

**ORIENTATION SESSION**

Please attend an information session for new Canskater and parents. Skaters will **NOT** be going on the ice during this session.

**Thursday, Sep 8, 6-7pm**, Manotick Arena

**Tuesday, Sep 20, 6-7pm**, Fred Barrett Arena, Leitrim

**ADVANCED CANSKATE PROGRAM**

| DAY | SESSION   | TIME        |
|-----|---|-------------|
| Wed | Adv CanSkate Group (31 sessions, 60 minutes each) | 5:50-6:50pm |
| Sat | Adv CanSkate Group (24 session, 45 minutes each)  | 3:05-3:50pm |

**Adv CanSkate Group sessions are held at the Manotick Arena, from Sep 7, 2011 to Mar 28, 2012.** Wednesday sessions move to the Fred Barrett Arena from April 4 – April 25, 2012.

**Adv CanSkate Cancellation Dates**

**Wednesday:** Nov 16, Dec 28, Feb 1  
**Saturday:** Nov 5, Nov 19, Dec 24, Dec 31, Feb 4

**ALL CANSKATE/ADV 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.)**

**RSC 2011-2012 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 2010-2012 EXECUTIVE**

| Position       | Name              | Phone #        |
|----------------|-------------------|----------------|
| Past President | Angela Justason   | 613-258-9648   |
| President      | Peggy Austen      | 613-822-0702   |
| Vice-President | Stephen Welchner  |                |
| Treasurer      | Vacant            |                |
| Secretary      | Alicia Owen       |                |
| Registrar      | Denise Dziubaniuk | 613-826-0950   |
| Publicity      | Dan Gray          | 613-523-6732   |
| Special Events | Carolyn Dupéré    | 613-822-9076   |
| CanSkate Rep   | Vacant            |                |
| Test Chair     | Donna Johnston    | 613-692-2845   |
| Coaches' Rep.  | Brandi Young      | (613) 823-0840 |

For more information and to register online, please check our website

[WWW.RIDEAUSKATING.CA](http://WWW.RIDEAUSKATING.CA)

Phone # 613-692-2804

EMAIL: [rideauskating@gmail.com](mailto:rideauskating@gmail.com)

Please see the StarSkate Brochure for information on private lessons.



**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, 2011.**

Rideau Skating Club (RSC) 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 3 years of age by September 1, 2011.** This session is offered Friday & Saturday at the Manotick Arena and on Tuesday at Fred Barrett Arena (Leitrim).

The goal of the Parent and Tot program is to progress to skating without parents and move seamlessly into the regular CanSkate stream.

**Advanced CanSkate** This program is available to those who have a desire to further their Figure Skating skills, and 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. **Adv CanSkate Group session participants must be working on badge 5 and above.**

**Private lessons** are available to those who have passed Level 3 Canskate. Please see the StarSkate brochure for further information.

#### **MEMBERSHIP**

Registration fee includes RSC membership, insurance for the skater, ice, program fees, and the **non-refundable Skate Canada Membership of \$33** for the child.

Parent and Tot fees include all of the above items, plus a Skate Canada membership for the participating parent. **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) An additional adult may accompany the child on the ice, if they are registered with Skate Canada and pay the additional fee of \$33. Only one parent can be on the ice at a time.

#### **PROGRAM FEES**

CanSkate: (24 sessions) **\$330.**

Parent & Tot: (24 sessions) **\$361**

**Adv CanSkate** Wednesdays (31 sessions) **\$600**

**Adv CanSkate** Saturdays (24 sessions) **\$345**

All fees must be paid in full prior to any skater being permitted on the ice. All cheques are payable to **Rideau Skating Club.**

#### **OUTSTANDING FEES**

Where a skater has an amount owing to the Rideau Skating Club 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 Rideau Skating Club board approval prior to being processed. Requests must be submitted in writing to the Registrar. A \$30.00 administrative fee, as well as the non-refundable Skate Canada membership fee will be applied to all refunds.

#### **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. Late registrations are required to pay the non-refundable Skate Canada Fee of \$33.

#### **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. Rideau Skating Club 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 Rideau Skating Club rules, also posted on the Arena bulletin board. Skaters may not substitute one day of skating for another without prior permission from the registrar.