

Please indicate (X) session (s)	X	Member	Guest	Total Due
(One form per Skater)		Circle	Circle	
Pres-School Fundamentals				
Mondays: 3:30 to 4:15 pm		145	215	
Tuesdays:10-10:45 am		145	215	
Tuesdays: 10:45-11:30 am		145	215	
Tuesdays: 1-1:45 pm		145	215	
Thursdays: 10-10:45 am		145	215	
Thursdays: 10:45-11 am		145	215	
Thursdays: 1-1:45 pm		145	215	
Fridays: 3:30-4:15 pm		145	215	
Saturdays: 10:00-10:45 am		145	215	
Subtotal				
Deduct 10% if 2 or more sessions				
Total Pre-School Fundamentals	249			
School Age Fundamentals				
Mondays: 4:15-5 pm		145	215	
Fridays: 4:15-5 pm		145	215	
Saturdays: 10:00-10:45 am		145	215	
Subtotal				
Deduct 10% if 2 or more sessions				
Total School Age Fundamentals	248			
Top Notch Academy				
Mondays: 3:30-4:45 pm (FS)		190	285	
Mondays:3:30-4:15pm powerskating		180	270	
Fridays: 3:30-4:45 pm (FS)		190	285	
Fridays:3:30-4:15pm powerskating		180	270	
Subtotal				
Deduct 10% if 2 or more sessions				
Total Top Notch Academy	246			
NO DISCOUNTS FOR PRE-JUNIOR ACADEMY				
Pre-Junior Academy				
3 days per week (Mon/Wed/Fri)				
Mondays: 3:45-5:45 pm				
(includes off-ice flexibility)				
Wednesdays 3:30-5:00 pm				
Fridays 3:45-5:00 pm				
Total Pre-Junior Academy	150	355	545	
TOTAL ALL SESSION				
Add 5% GST				
Total Sessions Cost				

REGISTRATION	
Name of Participant	
Address	
City	
Postal Code	
Birth date	DD/MM/YY:
Home Telephone	
Alternate Telephone	
email address	
EMERGENCY CONTACT INFORMATION	
Name	
Relationship	
Telephone	
Alternate telephone	
Health Care #	

Payment Summary:

Paid by:
Member Account # _____

Other: Visa Mastercard AMEX Debit Cheque Cash

CC# _____

Name on Card: _____

Expiry Date: MM ____ YY ____ Date paid: _____

Processed by: _____



NORTH SHORE WINTER CLUB

Fall Skating Programs
Sept 14-Dec 14, 2009

Karen Magnussen
Director of Skating

604-985-4135 Ext 250
karenmagnussen-cella@nswc.ca

Overview of NSWC Learn to Skate Programs

Pre-School Fundamentals (Ages 2.5 to 5)

Parents are welcome to register and join their children in this class. Skaters will learn how to balance, fall safely, skate forward, backwards, stop, turn, spin and jump on two feet.

School-Age Fundamentals (Ages 6 and up)

Beginner teens and adults are also welcome to register. Skaters will learn how to stroke forwards and backwards around the rink, stop, turn, spin and jump.

Top-Notch Academy (all ages)

Skaters who have completed School-Age FUNDamentals™, Yellow Level, CanSkate Level 4 or who can skate confidently on their own (call Karen Magnussen to provide an assessment).

All Skaters will develop speed and power in stroking forwards and backwards, control of edges, turns and stopping. Figure Skaters will learn more advanced jumps and spins; Hockey Players will develop agility, speed and control in hockey associated moves.

Pre-Junior Academy

In-depth development program that is a natural bridge to a more extensive Junior Figure Skating Level. Skaters will train three days a week in off and on-ice group lessons while developing stronger skating skills along with flexibility and core strengthening. Skaters can request an assessment from Karen Magnussen.

SCHEDULE

Pre-School (2.5 to 5 Years of Age)

Starts Sept 14

Mondays: 3:30-4:15 pm,

Starts Sept 15

Tuesdays: 10-10:45 am
10:45-11:30 am
1:00-1:45 pm

Starts Sept 17

Thursdays 10-10:45 am
10:45-11:30 am
1:00-1:45 pm

Starts Sept 18

Fridays: 3:30-4:15 pm

Starts Sept 19

Saturdays: 10:00-10:45 am

School Age FUNDamentals (6 years of age and up)

Starts Sept 14

Mondays: 4:15-5:00 pm

Starts Sept 18

Fridays: 4:15-5:00 pm

Starts Sept 19

Saturdays 10-10:45 am

Top-Notch Academy (All ages)*

Starts Sept 14

Mondays (FS) 3:30-4:45 pm *plus Off-Ice

Mondays (PS) 3:30-4:15 pm

Starts Sept 18

Fridays (FS) 3:30-4:45 pm *plus Off-Ice

Fridays (PS) 3:30-4:15 pm

Pre-Junior Academy*

Starts Sept 14, 16, 18

Mondays: 3:30-4:00 pm Edges & Stroking
4:00-4:30 pm Free Skate
4:45-5:30 pm *Off-Ice

Wednesdays: 3:30-3:45 pm Warm up
3:45-4:00 pm Edges & Stroking
4:00-4:30 pm Free Skate
4:45-5:30 pm *Off Ice

Fridays: 3:30-4:00 pm Edges & Stroking
4:00-4:30 pm Free Skate

**Registration for these programs includes Skate Canada Membership.*

All sessions include 45 minutes of intense skating instruction. Figure Skaters are allowed to skate on Figure Skating Club Junior Session ice for the last 30 minutes of the session

Saturday ice is now available for a buy-on fee private lessons can be arranged. Please contact Karen Magnussen, Director of Skating to reserve.

Sept.-Mar. 6:30am-8:30am Saturdays

EQUIPMENT

Registrants are required to bring their own skates, helmets, gloves or mittens. It is recommended that plastic skate guards not be used to store skates, only for walking when off-ice. Cloth skate blade protectors are recommended for storing skates.

