

Please indicate (X) session (s)	Acct	Member	Guest	Total Due
<b>(One form per Skater)</b>		<b>Circle</b>	<b>Circle</b>	
<b>Pre-School Fundamentals</b>				
Mondays: 3:30 to 4:15 pm		\$135	\$200	
Fridays: 3:30-4:15 pm		\$135	\$200	
Saturdays: 9:45-10:30 am		\$135	\$200	
<b>Subtotal</b>				
<b>Deduct 10% if 2 or more sessions</b>				
<b>Total Pre-School Fundamentals</b>	<b>249</b>			
<b>School Age Fundamentals</b>				
Mondays: 4:15-5 pm		\$135	\$200	
Fridays: 4:15-5 pm		\$135	\$200	
Saturdays: 9:45-10:30 am		\$135	\$200	
<b>Subtotal</b>				
<b>Deduct 10% if 2 or more sessions</b>				
<b>Total School Age Fundamentals</b>	<b>248</b>			
<b>Top Notch Academy</b>				
Mondays: 3:30-4:45 pm (FS)	<b>246</b>	\$165	\$245	
Mondays:3:30-4:15pm power skating	<b>246</b>	\$135	\$200	
Fridays: 3:30-4:45 pm (FS)	<b>246</b>	\$165	\$245	
Fridays:3:30-4:15pm power skating	<b>246</b>	\$135	\$200	
<b>Subtotal</b>				
<b>NO DISCOUNTS FOR PRE-JUNIOR ACADEMY</b>				
<b>Pre-Junior Academy</b>	<b>247</b>	<b>\$300</b>	<b>\$450</b>	
3 days per week (Mon/Wed/Fri)				
Mondays: 3:30-5:00 pm				
(includes off-ice flexibility)				
Wednesdays 3:30-5:00 pm				
Fridays 3:30-5:00 pm				
<b>Total Pre-Junior Academy</b>				
<b>TOTAL ALL SESSION</b>				
<b>Add 5% GST</b>				
<b>Total Sessions Cost</b>				

**Registration Deadline:  
Monday, March 8, 2010**

**Surcharge of 10% will be charged for  
late registrations.**

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**

**Learn to Skate  
Spring Program  
March 15 to June 12, 2010**

**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 and turn..

### School-Age Fundamentals (Ages 6 and up)

Beginner teens and adults are also welcome to register. Learn how to stroke forwards and backwards around the rink, stop and turn.

### 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.

***Our Summer Learn to Skate Programs start July 5 and end August 20, 2010.***

## SCHEDULE

### Pre-School (2.5 to 5 Years of Age)

Starts March 15

Mondays: 3:30-4:15 pm

Starts March 19

Fridays: 3:30-4:15 pm

Starts March 20

Saturdays: 9:45-10:30 am

### School Age FUNdamentals (6 years of age and up)

Starts March 15

Mondays: 4:15-5:00 pm

Starts March 19

Fridays: 4:15-5:00 pm

Starts March 20

Saturdays: 9:45-10:30 am

### Top-Notch Academy (All ages)

Starts March 15

Mondays (FS) 3:30-4:45 pm (off-ice 30 min)

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

Starts March 19

Fridays (FS) 3:30-4:45 pm (off-ice 30 min)

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

### Pre-Junior Academy\*

Starts March 15, 17, 19

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

4:30-5:00 pm

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

**No lessons on  
Easter Weekend  
April 2 to 5, 2010**

**No lessons on  
Victoria Day,  
May 24, 2010**

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 15 minutes of the session

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

**March 15 to June 12, 2010  
8:00 am-9:45 am 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.

