

Skating Schedule
Westoby Ice Surface—Olympic Sports Park

Tuesday: 4:40-5:00 Intermediate A & B Skills
5:00-6:00 Junior & Intermediate A & B Free, Dance & Stroking
6:00-6:10 Flood
6:10-7:10 CanSkate
7:10-7:20 Flood
7:20-8:35 Senior Free, Dance & Stroking
8:35-9:00 Senior Skills

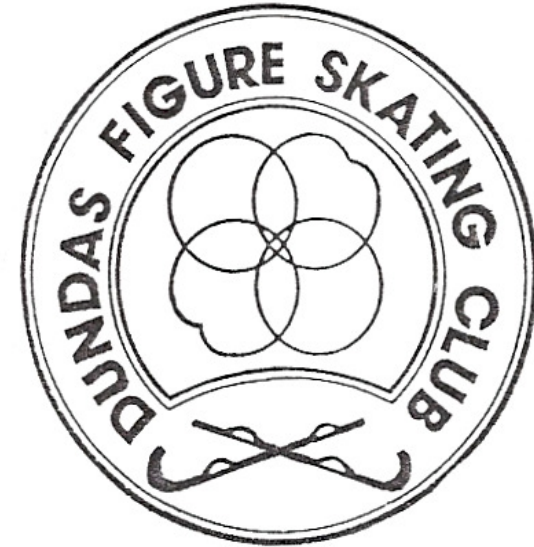
Wednesday: 4:40-5:40 Intermediate B & Senior Free, Dance * Stroking
5:40-6:05 Intermediate A & B & Senior Skills
6:05-6:15 Flood
6:15-7:15 Junior & Intermediate A & B Free, Dance & Stroking
7:15-8:00 Adult CanSkate

Thursday: 4:40-5:00 Intermediate A & B Skills
5:00-6:00 Junior & Intermediate A & B Free, Dance & Stroking
6:00-6:10 Flood
6:10-7:10 CanSkate
7:10-7:20 Flood
7:20-8:35 Senior Free, Dance & Stroking
8:35-9:00 Senior Skills

Friday: 4:40-5:40 Intermediate B & Senior Free, Dance & Stroking
5:40-6:10 Skills, All Levels
6:10-6:20 Flood
6:20-7:05 Junior & Intermediate A & B Free, Dance & Stroking
7:05-8:00 CanPowerSkate

Saturday: 9:10-10:10 CanSkate
10:10-10:20 Flood
10:20-11:35 All Levels, Free, Dance & Stroking
11:35-12:00 Intermediate A & B & Senior Skills
12:00-12:10 Flood
12:10-1:00 Recreational Synchro

DUNDAS FIGURE SKATING CLUB INC.



2010-2011

A Proud Member of



#1000351

**P.O. Box 65553,
Dundas, Ontario L9H 6Y6
Telephone/Fax: 905-628-4008**

The phones are answered by volunteers as regularly as possible

**Web-site: www.dundasfsc.ca
Email: skate@dundasfsc.ca**

**Questions regarding the programs?
Contact a Board Member
or visit our website**



The 2010—2011 Season

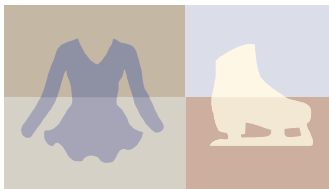
September 7—Oct. 8	Fall Session
September 13 (no later)	Registration: returning members
September 14,15,16	Registration: new members 6:00-7:30PM
October 12	Winter Skating session begins
December 16	CanSkate Christmas Party
December 18	Club Competition (no CanSkate or Synchro)
December 19-Jan 3	Christmas Break (no regular sessions)
January 4	Skating resumes
March 12	Winter Session Ends
March 13-21	March Break
March 22-April 30	Spring School
May TBA	Annual Recognition Banquet
Spring TBA	Annual General Meeting

Skate Canada test days will be held in December, February and March . Dates will be posted.

New This Year!
 CanPowerSkate
 Adult CanSkate
 Recreational Synchro
 Alumni Memberships

Have equipment that your are no longer using?

Need equipment?



Skaters are encouraged to post notice of available items on the bulletin board. Please check the bulletin board for available items and contact the seller directly.

Dundas Figure Skating Club (Volunteer) Executive

Kendra Coats	905-628-4313
Heather Condron	905-522-7279
Karen Entwistle	905-627-1162
Wendy Hils	905-689-6171
Jim Leong	905-692-2611
Denice Pugsley	905-690-2828
Susan Serro	905-818-6477
Scott Vance	905-627-8124

Professional Coaches

Kelly Barnes	226-979-3014 All Sessions
Kelli Campbell	905-765-3801 All Sessions
Karen Falls (CanSkate Director)	905-627-4293
Tom Falls	905-627-4293 All Sessions
David Scarborough	905-332-8019 Wed & Thurs

Private & semi-private lessons must be booked and paid for directly with the professional coaches. Members will be charged for all lessons booked unless 24 hours notice of cancellation is given. The Executive are not permitted to recommend a coach. Please contact one of the coaches listed above to arrange private lessons.

Information & Concerns

There will usually be an Executive member present at all sessions. They will try to answer any questions you might have. If you have any special requests or concerns, please submit them to the Executive. You may attend regularly scheduled Executive meetings to discuss these concerns during the first 15 minutes prior to the commencement of the official agenda. Executive meetings are held monthly at 7:00 PM in the D.F.S.C. Club Room in the Westoby Ice Surface.

Membership Policy – Hallwert Region Skating Clubs

Skaters designating Dundas Figure Skating Club as their home club with Skate Canada shall register for an ice-time program at a level appropriate for current tests passed as described on our current brochure. (Active Membership)

All home club skaters who have purchased ice time must take at least 1 lesson per week from a coach listed on the Dundas Figure Skating Club roster.

Honorary members, Officials, PA's and other eligible persons serving on the Club Board of Directors, Regional Board, WO Board and/or Skate Canada Board of Directors may register with Skate Canada through Dundas Figure Skating Club without the requirement of purchasing ice time. Only the current Skate Canada fee plus insurance will be charged. The Board has the option of charging the fee or paying the fee from Club funds.

Those registering as competitive skaters with Skate Canada, who are training at another sanctioned Skate Canada Club or Skating School, may designate Dundas Figure Skating Club as their home club without the requirement of purchasing ice time at the discretion of the Board. Only the current Skate Canada fee plus insurance will be charged. (Individual Membership)

Those registered at a University or College in another location who choose to retain Dundas Figure Skating Club as their home club may do so without the requirement of purchasing ice time at the discretion of the Board. Only the current Skate Canada fee plus insurance will be charged. (Individual Membership)

Those skating on a synchronized team in another location who choose to retain Dundas Figure Skating Club as their home club may do so without the requirement of purchasing ice time at the discretion of the Board. Only the current Skate Canada fee plus insurance will be charged. (Individual Membership)

Skaters who have been Active Members of Dundas FSC for a minimum of five (5) years but are no longer able to commit to a full program may, at the discretion of the Board, register for Individual Membership with Dundas FSC as their home Club with the option of "guest skating" for a maximum of twice the stated maximum guest skates allowed per session. Only the current Skate Canada fees plus insurance will be charge upon registration. (Individual Membership)

Welcome to our new season



Whether you are a new or experienced skater, or visiting from a different City, Province or Country, we would be pleased to have you skate with us.

The Dundas Figure Skating Club is dedicated to providing an environment for everyone to skate for fun, fitness and achievement. We offer skaters many options when choosing their skating schedule both in the recreational and competitive environments. The Dundas Figure Skating Club is planning a busy season. Watch for notices on our bulletin board, web-site and in our newsletter about special events. The annual Recognition Banquet will be held in May and the Annual General Meeting in the spring. Look for date postings later in the season.

"Of the utmost importance is the responsibility to the skaters. They are athletes to be trained, but also individuals who are developing values and beliefs which will last a lifetime."

***All skaters are welcome—
recreational and com-
petitive***



REGISTRATION

Registration for new members will be held September 14, 15 & 16 2010 from 6:00 PM to 7:30 PM in the Dundas Figure Skating Club Room at the Westoby Ice Surface on Olympic Drive. **All returning members must register by mail before September 13th, 2010 to guarantee their booking.**



Bring your health card number.

CanSkate and Preschool CanSkate



The **CanSkate Program** is offered 3 times per week. Skaters may choose one or two 60 minute sessions per week. Group lessons are included in the membership fees. Private lessons are available at an additional cost and arrangements should be made directly with one of the professional coaches. CanSkate members are evaluated on an on-going basis.

Pre-school is our introductory program designed for children 3 & 4 years of age, and is our feeder program for CanSkate. **Preschoolers must wear a helmet. Parents are not allowed on the ice surface at any time.**

1 session per week	\$259.00	20 Weeks
2 sessions per week	\$430.00	20 Weeks
Fees will be pro-rated for skaters registering after the program has started.		

Adult & Teen CanSkate

Adult & Teen CanSkate is for skaters aged 15 and up. Sessions will be for 45 minutes on Wednesdays from 7:15 pm until 8:00 pm. Skaters are taught group instruction by professional coaches and trained program assistants. The program provides skaters with the basic skills necessary to progress to the Skate Canada test and competitive programs or just skate for fun. **Helmets, wrist guards and knee pads are strongly recommended for beginner skaters.**

Private lessons are available. Please contact one of our coaches to arrange for private lessons.

1 session per week	\$329.00	20 Weeks
Fees will be pro-rated for skaters registering after the program has started.		

Music

Music is played at the ice surface. Skaters are encouraged to play their music during the session. Normally, a skater will only have one solo played per session outside of their lesson but may have a solo repeated or another solo played if time permits and no other skaters are waiting to play solos. Priority music requests for skaters may only be made by the professional coaching staff during a student's lesson with one request per 15 minute lesson. Coaches are allowed to bring portable music players on the ice for use in choreography.

Dressing Rooms

Dressing rooms are available for all skaters to change their skates. The lower number dressing room is a Family Dressing room. The higher number room is for females only.

Lost & Found

There is a box located in the arena office. Look for missing articles A.S.A.P.

Club Room

No skates are allowed upstairs. Adult supervision is required in the club room. The club room, as is the arena, is a NO SMOKING area. During test days and competitions, judges and officials only are allowed in the club room.

Program Assistants

This group of trained volunteers participate in the CanSkate program. They are under the direction of the professional staff.

General Information

Fees

- Fees are due with registration.
- Fees do not include professional coaching fees or non-resident fees.
- Preference will be given to returning members who register before September 13, 2010.
- N.S.F. cheques will be charged \$25.00. Membership will be cancelled if monies owing are not paid in cash within 10 days of notification. There will be no refunds in this event.
- All home club members are required to pay the Skate Canada registration fee and the Western Ontario Section levy of \$30.70. This fee includes insurance.
- All members are charged \$40.00 per family fundraising fee. If registering more than 1 skater in a family, this fee will be added to one family member only.
- There will be no refund of fees after November 13, 2010. Skate Canada fees and fundraising fees are non-refundable.
- Refunds or Credits may be granted in extraordinary circumstances but only when requested to the Board, in writing.

Test Days

Test days are held during the winter season. Skaters are evaluated by certified volunteers. Further information about test days will be posted on the club bulletin board. Professional, club and test fees must be paid prior to testing, or the test will be pulled.

Missed Sessions

Skaters may make up missed sessions without guest fees. Please check with your coach or the CanSkate Director for availability. Access is subject to session availability.

Club Bulletin Board

All notices pertaining to club events will be posted on the bulletin board. Only skating related notices will be posted on this board. It is the skater's responsibility to check the board for announcements. Web-site: www.dundasfsc.ca

CanPowerSkate

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey & ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations.

CanPowerSkate is geared to skaters aged approximately six or older who already have basic forward and backward skating skills (they must be able to skate the length of the rink using alternate strides) and are able to stop on command without use of the boards. For safety reasons participants should wear full hockey-ringette equipment that is CSA approved.

1 session per week	\$240.00	20 Weeks
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Junior STARSkate (a transitional program for skaters moving from CanSkate to Intermediate)

Junior skaters do not need to have completed the CanSkate program, but complete stage 4 is recommended. The Junior skater may book 2 Junior sessions or 1 CanSkate and 1 Junior session for each week. One 15 minute group lesson will be included on each Junior session if numbers permit. Skaters must book private lesson(s) with a professional coach.

2 Sessions per week	\$430.00	20 Weeks
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Please note:

All registrants are required to join Skate Canada (\$30.70—includes insurance) and each family will be allocated a \$40.00 fee to cover the cost of the Skate Canada Promotional Lottery Book

Intermediate A & B STARSkate

An Intermediate skater is one who is working on Skills but has not completed two of Junior Bronze Free, Junior Bronze Dance and Junior Bronze Skills tests. Intermediates must book private lessons with one of the professional coaches. Intermediate skaters skate 2,3,4 or 5 times per week. An Intermediate “special” skater is an Intermediate skater with a home club other than Dundas. These skaters must also book private lessons with a club professional coach. Intermediate A skaters have not completed one of Preliminary Skills, Free or Dance test levels. Intermediate B skaters have completed one full Preliminary test level.

See application form for rates.
1 skills, 1 free, dance & stroking session per day

Senior STARSkate

A Senior skater is one who has passed two of Junior Bronze Free Skate, Junior Bronze Dance and Junior Bronze Skills tests. Senior skaters skate 2, 3, 4 or 5 sessions per week and must book private lessons with one of the professional coaches listed in this brochure. Senior skaters who have completed the Gold Skills test may book free skate and dance only. A Senior “special” skater is a qualified Senior skater who has a home club other than Dundas. A Senior special must also book private lessons. Special skater fees are for ice costs only.

See application form for rates

Recreational Synchro

Synchronized skating, or “synchro” is a specialized discipline of skating involving groups of eight or more skaters performing various group formations and maneuvers similar to what we do at our ice shows. This program is for Intermediate A & B & Senior skaters who want to have fun in a group in addition to their regular lessons.

See application form for rates

Adult STARSkate And Out-of-Club

Adult and Out-of-Club skaters may book the Intermediate or Senior free skate and dance sessions and skill sessions for which they qualify. Lesson(s) must be arranged with one of the club professional coaches. They must book a minimum of one session per week.

See application form for rates

Alumni Skaters

Skaters who have been Active Members of Dundas FSC for a minimum of five (5) years but are no longer able to commit to a full program may, at the discretion of the Board, register for Individual Membership with Dundas FSC as their home Club with the option of “guest skating” for a maximum of twice the stated maximum guest skates allowed per session. Only the current Skate Canada fees plus insurance will be charge upon registration.

Sr. Free and Dance	\$15.00	Int. Free & Dance	\$12.00
Skills	\$ 5.00		

Guest Skaters

Skaters from other Skate Canada Clubs may guest skate on a session for which they qualify. Guest skaters who do not have a coach in the Dundas Figure Skating Club may not guest skate on skills sessions. A skater may Guest skate a maximum of 4 times per season. Fees must be paid prior to skating.

Sr. Free and Dance	\$15.00	Int. Free & Dance	\$12.00
Skills	\$ 5.00		