

Get Ready for Fall and Winter Skating

Monday, August 30 – Friday, September 3, 2010

10:00 am until Noon

Dundas Figure Skating Club is pleased to offer a week of pre-Fall skating for all Junior, Intermediate and Senior skaters. This is a group program and private lesson will not be available. There is no skating on Wednesday, September 1. Skaters must register for all 4 days.

Skaters will have the opportunity to get their “skating feet” back after being off the ice. They will have the opportunity to review their spins, jumps, skating skills and dances, as well as participate in some fun group activities such as stroking, creative skating (choreography), games and synchronized skating.

No refunds after August 15, 2010. If you are not planning to skate the Fall &/or Winter programs, you must pay the \$30.70 Skate Canada fees with your Pre-Fall fees.

Schedule:

10:00 - 10:25 – Skating & Field Movements

10:25 - 10:40 – Dance

10:40 – 11:00 – Spins

11:00 – 11:30 – Jumps

11:30 – 12:00 – Daily Special

Monday – synchro

Tuesday – Creative Skating (choreography)

Thursday – Stroking

Friday - Games

Coaches: Kelly Barnes & Tom Falls

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Name: _____

Phone: _____ Email: _____

Skate Canada #; _____ Home Club: _____

Highest Test Passed: Free _____ Dance _____ Skills _____

Four days - \$115.00

Deadline for applications: August 15, 2010