

CanPowerSkate

We will offer a CanPowerSkate session this year. Skaters will skate Wednesdays & Fridays from 6:30 to 7:30 P.M. Skaters will receive professional and amateur instruction with their membership.



Dundas Figure Skating Club Inc.

**Mail applications to:
P.O. Box 65553
Dundas, On L9H 6Y6**



Inquiries:
Phone: 905-628-4008 (answering machine
—Volunteer manned office)

2010 DUNDAS FIGURE SKATING CLUB FALL CANPOWERSKATE SESSION



**September 8-October 8, 2010
5 weeks (9 lessons plus 2)**

*Olympic Arena
Dundas, Ontario*

**Tel: 905-628-4008
www.dundasfsc.ca**

Dundas Figure Skating Club CanPowerSkate Session

Where: Olympic Arena

Dates: September 8– October 8, 2010. (5 weeks)

Times: Lessons on Wednesdays & Fridays from
6:30-7:30 PM

Parent Orientation: Wednesday, Sept 1 from
6:30 pm –7 pm

Skater On-Ice Orientation: Wednesday, Sept 1
from 7 pm – 8 pm

Skater Evaluation: Friday, Oct 8 from 6 pm—7
pm

Cost: \$130.00

Please note: Skaters who have not paid **Skate
Canada membership** fees through a Skate Can-
ada Club or who are not returning for Winter
must pay an additional **\$30.70**.

GENERAL INFORMATION

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and 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 the use of the boards. For safety reasons participants should wear full hockey/ringette equipment that is CSA approved.

CanPowerSkate is the only nationally regulated power skating program in Canada. It was developed by a team of hockey, figure skating and ringette experts to teach the fundamentals of power skating in a progressive and sequential manner.

PROFESSIONAL STAFF

Kelly Barnes

226-979-3014

CanPowerSkate Application

Name _____

Address _____

Date of Birth _____ M F

Phone _____

E-mail Address _____

Highest CanSkate Badge Passed _____

Skate Canada Number _____

Home Club _____

Hockey Experience _____

CanPower Bar _____

Payment in full (\$130.00 plus \$30.70 Skate Canada fee if not already a paid member) must accompany each application. Applications or cheques improperly completed will be returned. There will be a \$25.00 service charge for NSF cheques. Deadline for applications is August 20, 2010.

The applicant agrees that the Dundas Figure Skating Club and its Coaches and Program Assistants will not be responsible for any accident or loss, however caused, and agrees to release same for all claims or damages which may arise as a result of, or by reason of, such accidents or loss.

Signature