

## CanPowerSkate

*We will offer two CanPowerSkate sessions this year. Skaters will skate Wednesdays from 7:00 to 8:00 pm or Fridays from 7:00 to 8:00 P.M. Skaters will receive professional and amateur instruction with their membership.*

*All skaters registered for either Winter session of CanPowerSkate are eligible to participate in this year's Ice Show, Sunday, April 1st, in a demonstration of the power skating skills they have learned over the season.*



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)  
or email  
kelly.@kellybarnes.net

## 2011-12 DUNDAS FIGURE SKATING CLUB CANPOWERSKATE SESSION

Still spots available—  
join mid-program!



*60th Anniversary*

**October 12, 2011-March 29,2012  
21 weeks  
All Levels  
Wednesdays or Fridays**

*Olympic Arena  
Dundas, Ontario*

**Tel: 905-628-4008  
www.dundasfsc.ca  
Email: skate@dundasfsc.ca**

# Dundas Figure Skating Club CanPowerSkate Session

Where: Olympic Arena

**Dates:** October 12, 2011-December 16, 2011,  
January 11, 2012-March 9, 2012  
& March 21, 2012-March 30, 2012

## **Times:**

### **Pre-Power and Levels 1-6:**

Wednesdays from 7:00-8:00 PM or Fridays from  
7:00-8:00 PM

Skaters must be able to skate the length of the rink  
using alternate strides both forward and backward  
and be able to stop on command without the use of  
the boards.

Skaters who have passed CanSkate 4, Gold Bar of  
CanPower Level 1 or Pre-Power level C or played  
Atom level hockey or above are encouraged to reg-  
ister for the Wednesday sessions.

Wednesday Skater Evaluations: December 14, 2011  
& March 28, 2012 from 7:00 pm—8:00 pm

Friday Skater Evaluations: December 16, 2011 &  
March 30, 2012 from 7:00 pm—8:00 pm

**Cost:** \$325.00 payable in full or in instalments of  
40% at registration, 30% at Nov 1st, 2011 and 30%  
at Dec 1st, 2011. Pro-rated fees available for late  
registrations. **Please note:** Skaters who have not  
paid 2011/2012 **Skate Canada membership** fees  
through a Skate Canada Club must pay an addi-  
tional **\$32.70**.

No refunds after Nov 13th, 2011, unless for medi-  
cal reasons. Refund and credit requests must be  
submitted in writing, Skate Canada fees are non-  
refundable and a \$25 admin fee will apply to any  
refunds approved. This program qualifies for the  
City of Hamilton Recreation Fee Assistance Pro-  
gram 905-546-2424 ext. 4569

## **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, tech-  
niques and conditioning drills are taught in a pro-  
gressive format that emphasizes how the skills ap-  
ply to game situations.

CanPowerSkate is geared to skaters aged approxi-  
mately 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 must  
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.

### **Full hockey or ringette equipment is required:**

Goalies may skate in full goalie equipment  
Hockey skates  
Stick—hockey or ringette  
Helmet with cage, shield or ringette facemask  
Gloves  
Elbow Pads  
Neck Guard  
Pants—hockey or ringette  
Shin Guards (hockey) or Pads (ringette)  
Shoulder Pads  
Jock, Jill or Ringette Protective Girdle  
Hockey socks  
Mouth Guard is optional

## **PROFESSIONAL STAFF**

Kelly Barnes  
Email: [kelly@kellybarnes.net](mailto:kelly@kellybarnes.net)

## **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 \_\_\_\_\_

Day: \_\_\_\_\_

Tax Receipt to: \_\_\_\_\_

### **Please Check**

Returning from DFSC CanPowerSkate last season \_\_\_\_\_

Returning from DFSC CanSkate last year \_\_\_\_\_

Heard about program from Cactus Festival \_\_\_\_\_

Heard about program from a friend \_\_\_\_\_

Payment in full (\$325.00 plus \$32.70 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.

Total fees paid \$ \_\_\_\_\_

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 \_\_\_\_\_