

About Dundas Figure Skating Club

Dundas Figure Skating Club has been teaching generations of skaters since 1951, and is committed to the development of all skating levels and abilities in a fun and safe environment.

Dundas Figure Skating Club offers many programs geared for all skating levels, and all ages, both in hockey, ringette and figure skating.

The club hires only the most patient, knowledgeable, certified and personable coaches to teach both group and individual lessons.

Dundas Figure Skating Club is conveniently located at the Westoby Ice Surface in the Olympic Sports Park in the beautiful town of Dundas.

If you or your child would like to learn how to skate, or be a better skater, Dundas Figure Skating Club has the perfect skating program for you.

Skating Programs

CanSkate is Skate Canada's flagship learn-to-skate program for beginners of any age, teaching fundamental movements and basic skills.

CanPowerSkate focuses on balance, power, agility, speed & endurance skills, all of which are especially important for hockey and ringette players.

AdultSkate offers CanSkate, STARSkate and CanPowerSkate programs geared for adults.

STARSkate offers opportunities to develop figure skating skills in four different areas.

CompetitiveSkate incorporates a series of tests & other training opportunities to help competitors with potential to advance.

Skate for life.



All it takes is a pair of skates.




SKATECANADA
DUNDAS FIGURE SKATING CLUB

Celebrating 60 Years of Skating 1952-2012

For more information please:
Call: 905-628-4008
Email: skate@dundasfsc.ca
Or visit us at: www.dundasfsc.ca

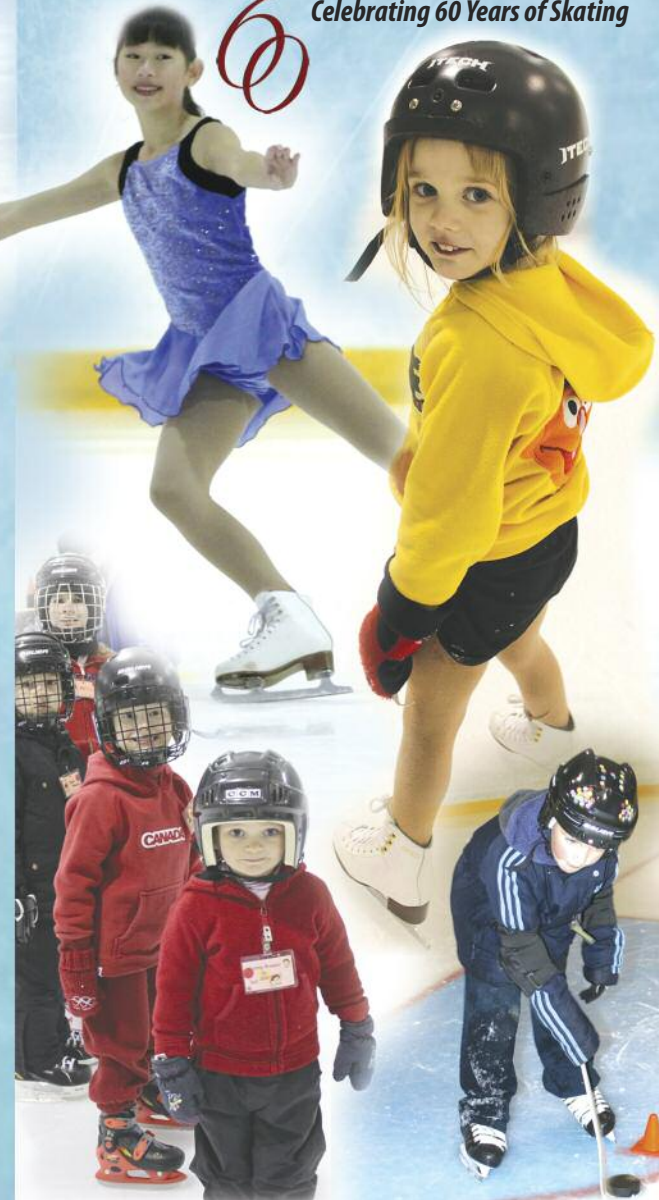

SKATECANADA
www.skatecanada.ca

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SKATECANADA
DUNDAS FIGURE SKATING CLUB

Celebrating 60 Years of Skating



CanSkate

CanSkate is Skate Canada's learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach and are assisted by trained Program Assistants. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. Skaters are required to wear a CSA approved helmet until they have completed the Stage 5 badge, after which time the helmet is optional. Face shields or cages are highly recommended for skaters ages 5 and under.

Preschool/Regular CanSkate: Targeted at beginner's ages 2.5 to 12, this fun and active session accommodates beginners of all ages as well as returning CanSkaters hoping to finish their CanSkate Badges.

Advanced CanSkate: This session is designed for skaters who have completed the CanSkate Stage 3 badge or higher. This session has fewer skaters than our regular CanSkate sessions and only skaters working on stages 4, 5 and 6, allowing for more movement and ice usage as well as faster progress through the CanSkate Skills. This program provides a transition into the StarSkate (figure skating) program and is highly recommended for returning skaters interested in pursuing figure skating.

Teen/Adult CanSkate: Skaters who are ages 13 and over are invited to learn to skate with an older group of skaters. Skaters with a variety of abilities are welcome and will learn the basics of skating which can be used in figure skating, hockey or lifelong recreational skating.

CanPowerSkate

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 provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve. CanPowerSkate is geared to skaters aged approximately six or older who already have basic forward and backward skating skills, are able to skate the length of the rink and are able to stop. For safety reasons participants must wear full hockey gear.

STARSkate

Future StarSkaters

This session is the entry level figure skating session for skaters who have completed the Stage 6 badge in CanSkate and are entering the StarSkate (figure skating) program. This program is offered in two formats: a group session similar to advanced CanSkate but working on the entry level StarSkate tests, and the private lesson format, where skaters arrange lessons with one of the club coaches. Skaters who complete a preliminary skating test are advanced to the intermediate level for the following season. (Skaters are encouraged to skate at least 2 days/week, although 1 day/week is acceptable at this level)

Intermediate StarSkaters

The middle level in our club, Intermediate skaters have completed one full Preliminary StarSkate Test, but not 2 Junior Bronze level tests. Skaters are required to make arrangements with a club coach for their lessons. Skaters who complete 2 Jr. Bronze level tests advance to senior for the next season. (Skaters are encouraged to skate 3 days/week; there is a 2 days/week minimum for this level.)

Senior StarSkaters

The highest level in our club, Senior skaters have completed a minimum of 2 complete Junior Bronze level tests. (Skaters are encouraged to skate 3 or more days/week; there is a 2 days/week minimum for this level.)

Special Events

The club hosts an exciting Skating Carnival every other year and also features "Skating Showcases" in alternate seasons to show parents, family and friends the skaters' progress in a fun and entertaining way. Every year, DSC has a "just-for-fun" Club Competition, and club members enjoy team, single events and special awards and prizes. At the end of the skating year, club members enjoy a delicious banquet and celebration to recognize skaters' and volunteers' achievements. Badges, certificates and medals are awarded for completing test levels, throughout the year.

Sponsors and Volunteers

A not for profit organization, Dundas Skating Club is run by volunteers, on the board, as program assistants, sponsors and volunteer staff members. The club strives for high quality customer service, care and community involvement and an exciting positive and healthy work environment for the Skate Canada family. The club is a proud member and is sanctioned by SkateCanada which is dedicated to providing Canadians the opportunity to participate in skating throughout their lifetime for fun, fitness, and achievement.

