

Program Schedule and Rates 2008–2009



Full season (approx 26 weeks), September 15, 2008–April 4, 2009 including carnival practices. Registration is subject to availability. Some programs will have cancellations due to Town Bookings, ASC Test nights, Inclement weather. Check our website regularly for Club updates www.actonskatingclub.com

LEARN TO SKATE PROGRAMS

Tiny Tots

3-5 years old

Development of proper posture, pushing, stopping, getting up and learning to fall safely - play based activities and creative movement.

C.S.A Helmets MUST be worn—Bicycle helmets will NOT be permitted

ICE PAD

Mondays 6:30-7:00pm or Thursdays 6:30-7:00pm \$200
or **BIG ICE Thursdays 4:20-4:50pm \$200**

CanSkate

5 years old+

Learn to skate program up to completion of badge 6. Development of the fundamental skills of skating.

C.S.A helmets MUST be worn—Bike helmets will NOT be permitted

Mondays 6:20-7:10pm or Thursdays 6:00-6:50pm
or **Thursdays 4:00-4:50pm \$290**

HOCKEY DEVELOPMENT PROGRAMS

Pre-Powerskate

This program is suitable for skaters who have completed our Tiny Tot program or have previously registered in the *Pre-Powerskate* program. Must be able to skate forwards, walk backwards and half snow-plow stop. This program teaches basic skating fundamentals and skills needed for hockey. Hockey equipment encouraged. *

C.S.A. helmets MUST be worn.

ICE PAD Wednesdays 6:00-6:50pm
Full Season ONLY Sept. 17-Feb. 25
\$260

Junior Powerskate

Must have completed *Pre-Powerskate* Level 3 or have previously registered in the *Jr. Powerskate* Program. Focus is on correcting and enhancing skating posture, form and technique, both forward and backward, with the addition of speed and power. More advanced skating skills are taught, including pivot turns and cross-overs. *

Full equipment and sticks are mandatory.

Wednesday 5:20-6:20pm
Full Season ONLY Sept. 17-Feb. 25
\$300

Senior Powerskate

Must have completed *Jr. Powerskate* Level 5 to participate in this program, or have previously registered in the *Sr. Powerskate* program. Power and speed-focused drills are taught based on fundamentals learned in the *Jr. Power* program in a fast-paced environment. Emphasis is placed on power, speed and agility with continual emphasis on the use of edges. Further skill advancement is taught (i.e., reverse pivot turns etc.) in this program. *

Full equipment and sticks mandatory.

Wednesdays 6:20-7:20pm
Full season ONLY Sept. 17-Feb. 25
\$300

* Instructional staff reserve the right to place skaters in the appropriate program depending on age and skating ability for all powerskate programs.

FIGURE SKATING TRAINING PROGRAMS

StarSkate Juniors

Introduction to figure skating

Development of jumping, spinning and dancing will be covered. Completion of badge 6 is required. 45 minute instruction and 15 minute independent practice time or private lesson time. Private coaching is available.

Tuesdays 4:50-5:50pm and/or Thursdays 4:50-6:00pm
\$390-1 day membership or \$625-2 day membership

StarSkate1

Must have passed a Skate Canada test.

2 x 15 minute group lessons and 2 x 15 minute independent practice. Working on preliminary freeskate, dances and skills. Each skater must have a private coach.*

Mondays 4:00-5:00pm and/or Tuesdays 4:00-5:00pm
and/or Thursdays 4:50-6:00pm
\$390-1 day or \$625-2 days or \$830-3 days

*Private coaching must be in place by October 1st.

StarSkate2

15 min. group lesson. Must have private coach.

Must be prepared to test Preliminary Freeskate or have been recommended by their private coach. Working on Jr. Bronze dances and skills. Skater must have a private coach*.

Mondays 5:00-6:20pm and/or Tuesdays 4:00-5:00pm and/or
Thursdays 6:50-8:10pm
Minimum 2-day membership \$655-2 days or \$875-3 days

StarSkate3

15 min. group lesson

Passed Preliminary Freeskate and Senior Bronze Dances and skills. Skater must have a private coach*.

Mondays 7:20-8:50pm and/or Wednesdays 4:00-5:20pm
and/or Thursdays 8:20-9:50pm
Minimum 2-day membership \$695-2 days or \$905-3 days

The ASC Board reserves the right to make changes to programs, levels, and fees and to make all cancellations without prior notice. ALL Board decisions are final!