



# CanPowerSkate Application Form 2009/2010 Season

Prince of Wales Skating Club

P.O. Box 26057, St. John's, Newfoundland, A1E 0A5

Telephone: 579-1923 Fax: 579-1343

Website: <http://www.powsc.ca> e-mail: [powsc@yahoo.com](mailto:powsc@yahoo.com)

All applications MUST be accompanied by payment Date Received: \_\_\_\_\_

Skater's Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street and number: \_\_\_\_\_ City or town \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Gender:  male  female Birth Date: Day: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_

E-mail: \_\_\_\_\_

Last badge earned: \_\_\_\_\_ Skate Canada # (if known): \_\_\_\_\_

Program / Time	Day	Rink	Cost/ session	Early Fall Fall Winter Spring	✓	Total Cost
Pre-Power & Level 1 (see note below)	Mon/Wed	Twin Rinks	\$85.00	Early Fall		
Level 1 & 2 (see note below)	Mon/Wed	Twin Rinks	\$85.00	Early Fall		
Level 2 & 3 (see note below)	Tues/Thurs	Twin Rinks	\$85.00	Early Fall		
Level 4 (see note below)	Tues/Thurs	Twin Rinks	\$85.00	Early Fall		
Pre-Power & Level 1 1:00 – 1:50 pm	Sat	Twin Rinks	\$130.00	Fall		
Level 1 & 2 2:00 – 2:50 pm	Sat	Twin Rinks	\$130.00	Fall		
Female Power 4:00 – 4:50 pm	Sun	Jack Byrne	\$130.00	Fall		
Pre-Power & Level 1 5:00 – 5:50 pm	Wed	Twin Rinks	\$130.00	Fall		
Level 2 & 3 6:10 – 7:00 pm	Wed	Twin Rinks	\$130.00	Fall		
Level 4 7:00 – 7:50 pm	Wed	Twin Rinks	\$130.00	Fall		
Level 1 & 2 5:00 – 5:50 pm	Thurs	F. Gardens	\$130.00	Fall		
Level 2 & 3 6:00 – 6:50 pm	Thurs	F. Gardens	\$130.00	Fall		
Pre-Power & Level 1 1:00 – 1:50 pm	Sat	Twin Rinks	\$130.00	Winter		
Level 1 & 2 2:00 – 2:50 pm	Sat	Twin Rinks	\$130.00	Winter		
Female Power 4:00 – 4:50 pm	Sun	Jack Byrne	\$130.00	Winter		
Pre-Power & Level 1 5:00 – 5:50 pm	Wed	Twin Rinks	\$130.00	Winter		
Level 2 & 3 6:10 – 7:00 pm	Wed	Twin Rinks	\$130.00	Winter		
Level 4 7:00 – 7:50 pm	Wed	Twin Rinks	\$130.00	Winter		
Level 1 & 2 5:00 – 5:50 pm	Thurs	F. Gardens	\$130.00	Winter		
Level 2 & 3 6:00 – 6:50 pm	Thurs	F. Gardens	\$130.00	Winter		
TBA				Spring		
TBA				Spring		
TBA				Spring		
TBA				Spring		
TBA				Spring		
TBA				Spring		
Skate Canada registration/ insurance**	Payable Once per skating year					\$30.00
<small>(Discounts available for families registering 3 or more. Please see CanSkate administrator for details)</small>						
Total:						

\* All skaters must be registered with Skate Canada; this \$30 fee is mandatory and payable once in the skating year.

**Note:** For this year only, due to renovation at Twin Rinks, the Early Fall program will be for 3 weeks only, not the normal 5 week program.

**Time schedule Early Fall (3 weeks – two session per week) (All sessions at Twin Rinks)**

Pre-Power & Level 1	Week 1 & 2 – 5:00-5:50pm	Week 3 – 6:00-6:50pm	Mon/Wed
Level 1 & 2	Week 1 & 2 – 6:00-6:50pm	Week 3 – 7:00-7:50pm	Mon/Wed
Level 2 & 3	Week 1 & 2 – 5:00-5:50pm	Week 3 – 6:00-6:50pm	Tues/Thurs
Level 4	Week 1 & 2 – 6:00-6:50pm	Week 3 – 7:00-7:50pm	Tues/Thurs

**OFFICE USE ONLY**

**Initials** \_\_\_\_\_

Amount: \$ \_\_\_\_\_

- CASH (Early Fall)\$\_\_\_\_\_ (Fall)\$\_\_\_\_\_ (Winter) \$\_\_\_\_\_ (Spring)\$\_\_\_\_\_
- CHEQUE (Early Fall)\$\_\_\_\_\_ (Fall)\$\_\_\_\_\_ (Winter)\$\_\_\_\_\_ (Spring)\$\_\_\_\_\_
- VISA/MASTERCARD (Early Fall)\$\_\_\_\_\_ (Fall)\$\_\_\_\_\_ (Winter) \$\_\_\_\_\_ (Spring)\$\_\_\_\_\_

VISA/Mastercard # \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

- \*Early Fall payments will be dated for September 1, 2009
- \*Fall payments will be post-dated for October 5, 2009
- \*Winter payments will be post-dated for November 30, 2009
- \*Spring payments will be post-dated for March 1, 2010

Please make cheques payable to Prince of Wales Skating Club. There will be a \$20.00 charge for NSF or returned cheques. See Reverse for registration/payment information.

**Volunteers**

The Club is run by the efforts of volunteers, usually adult skaters or parents of young skaters. Please check if you are willing to:

Serve on Executive: \_\_\_\_\_ Help When Called Upon (e.g. ice show): \_\_\_\_\_

**RELEASE**

The applicant agrees that the Prince of Wales Skating Club and/or its proprietors will not be held responsible for any accidents or loss however caused, and agrees to release the proprietors from all claims or damages which may arise as a result of or by reason of such accidents or loss.

\_\_\_\_\_  
(Signature of Applicant or Guardian)

\_\_\_\_\_  
Date

\_\_\_\_\_  
(Please Print Name)

## **Registration Information for CanPowerSkate Program**

### **WE ARE REGISTERING FOR EARLY FALL, FALL, WINTER AND SPRING PROGRAMS AT ONE TIME!**

Pre-registration for each season at one time is recommended as we cannot guarantee spaces.

**Early Fall Sessions** (3 weeks – 2 sessions per week) – Pre-registration must be paid upon registration or by a cheque or visa/mc post-dated to September 4, 2009.

**Fall Sessions** (10 weeks – 1 session per week) - Pre-registration must be paid upon registration or by a cheque or visa/mc post-dated to October 5, 2009.

**Winter Sessions** (10 weeks – 1 session) per week) - Pre-registration must be accompanied by a cheque or visa/mc post-dated to November 30, 2009.

**Spring Sessions** - Note that we will be offering a spring session – registration information on this session will be distributed after Christmas.

Post-dated cheques for the winter, spring sessions must be submitted with the fall application form.

EARLY FALL PROGRAM START the week of September 21, 2009 – the week of October 5, 2009

FALL PROGRAMS START the week of October 10, 2009 – the week of December 12, 2009

WINTER PROGRAMS START the week of January 2, 2010 – the week of March 13, 2010

\*all dates are subject to change

### **REGISTRATION:**

**Current Members** (2008-2009) of the Prince of Wales Skating Club: ***Pre-registration until September 4, 2009.*** Please take the time to fill in your application and mail, fax, email, or drop it off by September 4, 2009 to ensure space for your child(ren).

**New Members:** Registration for new members will be ongoing as of September 8, 2009, during regular business hours at the club office (located upstairs at Twin Rinks), by mail, fax, or email. Office Hours are: Mon-Fri 9:00 am – 5:00 pm. Extended office hours will be held on Saturday, September 12, 2009, 10am – 2pm for those who are unable to visit our office during the weekdays.

Registration will not be accepted after Week 2 of the Early Fall, Fall, Winter and Spring sessions.

All applications will be considered accepted unless otherwise notified. You will NOT be notified of acceptance unless there has been a change in times or registration.

All fall and winter programs are for a 10-week period unless stated otherwise. Please be advised that many of our programs filled up quickly last year, so pre-register for fall and winter to avoid disappointment. ***Spaces will not be guaranteed unless registration is received.***

***SKATERS MAY SKATE ONLY DURING THE SESSIONS FOR WHICH THEY ARE REGISTERED. SWITCHING SESSION DAYS WILL NOT BE PERMITTED. (Please see 'Missed Session Policy' also).***

### **Session Cancellation Policy**

In the event that a session is cancelled for any reason, other than weather, the Club will, if possible, provide a make-up session. Such make-up sessions will be contingent on the availability of additional ice time, and it MAY be necessary to schedule a make up session on a different day from the child's normal skating day and time. The club will NOT provide a rebate or refund of registration fees for canceled sessions. The club will not provide make-up sessions for weather related cancellations. The Club reserves the right to cancel or modify any of the sessions due to low registration.

### **Missed Session Policy**

In the event that your child(ren) miss their scheduled skating session for any reason, other than medical, makeup sessions are not permitted on other session times. Medical reasons will be considered on an individual basis.

### **Refund Policy:**

Refunds are subject to a minimum non-refundable administrative fee of \$20 and Skate Canada Fee of \$30.00. Full refund of registration fees will be given ONLY for winter pre-registration if any notice of cancellation is received on or before November 30th, 2009. For any notice of cancellation received on or after December 1st, 2009, the above refund policy will apply.

### **Child Fitness Tax Receipts**

Child Fitness tax receipts are available to print by logging into the Skate Canada Members only website within 2-3 weeks once registration fees have been paid. Your temporary password is the members last name. [www.skatecanada.ca](http://www.skatecanada.ca)

### **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.

**For safety reasons participants MUST wear full hockey equipment that is CSA approved. The coach to skater ration is 1:10.**

CanPowerSkate's Pre-Power is designed for young skaters, approximately four to six years of age who can stand up on skates and move forward (shuffle, walk or glide) who may not be ready for CanPowerSkate Level 1. Pre-Power helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. The curriculum is presented in three progressive levels complete with its own awards to encourage participation and motivate skaters. Pre-Power has been designed to run concurrently with CanSkate sessions.

***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.***

**Coaches –Craig Squires, Dean Roberts, Cy Dymond & Tom Moret**

If you have any further questions please call our Administrative Office: 579-1923