



## Revised CanSkate 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	Fall	Winter	Total Cost
Adult 9:00-9:50 p.m.	Mon	F. Gardens	\$125.00			
Advanced Adult 7:25 -8:20 pm	Thurs	Goulds Arena	\$125.00			
Teen Canskate 7:25-8:20 pm	Thurs	Goulds Arena	\$125.00			
CanSkate 10:40-11:25 am	Sat	F. Gardens	\$125.00			
CanSkate 11:35-12:20 pm	Sat	F. Gardens	\$125.00			
CanSkate 12:00-12:45 pm	Sun	Twin Rinks	\$125.00			
CanSkate 2:05-2:50 pm	Sun	Twin Rinks	\$125.00			
CanSkate 4:00-4:45 pm	Sat	Jack Byrne (Torbay)	\$125.00			
CanSkate 5:25-6:10 pm	Wed	Twin Rinks	\$125.00			
CanSkate 6:30-7:15 pm	Thurs	Goulds Arena	\$125.00			
<b>Pre-CanSkate – See Note Below</b>						
Pre-CanSkate 10:30-11:00 am	Tues	Twin Rinks	\$95.00			
Pre-CanSkate 12:30-1:00 pm	Tues	Twin Rinks	\$95.00			
Pre-CanSkate 10:10-10:40 am	Sat	F. Gardens	\$95.00			
Pre-CanSkate 12:20- 12:50 pm	Sat	F. Gardens	\$95.00			
<b>Pre-CanSkate Parent Insurance</b>			\$30.00			
<b>Parent Name:</b>						
<b>Parent Date of Birth:</b>						
<b>Day</b> _____	<b>Month</b> _____					
Skate Canada registration/ insurance**			Payable Once per skating year		\$30.00	
(Discounts available for families registering 3 or more. Please see administrator for details)						
Total:						\$

\*See Information Sheet for Pre-Junior information

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

### **Pre-CanSkate**

This program starts with Stage 1 of the CanSkate Program, and is specifically designed for skaters 3-5 years of age, who are just beginning skating. Professional coaching instruction will be provided from 1-2 professional coaches, as well as Program Assistants who are skaters 12 years old and up from our test/competitive stream. Coaches and assistants will assist skaters in the basic skating skills in a fun environment.

Due to liability issues and Skate Canada regulations, unregistered parents will not be permitted on the ice with the child. However, if a parent would feel more comfortable joining their child - they can be registered with Skate Canada and our club as a Program Assistant for a one time per season charge of \$30.00. Insurance is not transferable between parents/guardian/grandparents, therefore, if a different person will be accompanying the skater on the ice – each individual will require the insurance.

**A separate registration form must be submitted for each parent seeking insurance.**

**OFFICE USE ONLY**

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

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

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

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

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

\*Winter payments will be post-dated for November 30, 2009

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 CanSkate Program**

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

Space is not guaranteed in the Winter session for those individuals who registered for the Fall session only. Post-dated cheques for November 30, 2009 are accepted for the winter registration.

### **PreCanSkate, CanSkate, Teen CanSkate, Adult Skating**

**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.

Post-dated cheques for the winter session must be submitted with the fall application form.

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

FALL PROGRAMS START the week of October 13, 2009 – the week of December 15, 2009

WINTER PROGRAMS START the week of January 11, 2010 – the week of March 27, 2010

\*all dates are subject to change

**Current Members** (2008-2009) of the Prince of Wales Skating Club: ***Pre-register 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.

**Fall and Winter:** 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 in the Winter session for those who registered for Fall only.***

**Spring:** Note that we will be offering a third 10-lesson session this spring – registration information on this session will be distributed after Christmas.

### **Session Cancellation Policy**

In the event that a session is cancelled for any reason, weather or arena related, 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 be obligated to provide makeup sessions for weather related cancellations. The club will NOT provide a rebate or refund of registration fees for cancelled sessions. 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)**

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

### Program Information Sheet

FALL PROGRAMS START the week of October 13, 2009 – the week of December 15, 2009

WINTER PROGRAMS START the week of January 11, 2010 – the week of March 27, 2010

#### GENERAL REGISTRATION:

**General Registration begins September 8, 2009. Office hours are Mon-Fri 9:00-5:00. There will be extended office hours on Saturday, September 12, 2009 from 10:00–2:00. Applications are accepted at the club office, located in Twin Rinks, by mail, email and fax. 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.**

SKATERS MAY ONLY SKATE DURING SESSIONS FOR WHICH THEY ARE REGISTERED!

#### Pre-CanSkate

This program starts with Stage 1 of the CanSkate Program, and is specifically designed for skaters 3-5 years of age, who are just beginning skating. One parent per skater is invited on the ice with their child for the first 2-3 sessions, in an effort to help the child feel more comfortable and get used to their skates. Professional coaching instruction will be provided from 1-2 professional coaches, as well as Program Assistants who are skaters 12 years old and up from our test/competitive stream. Coaches and assistants will assist skaters in the basic skating skills in a fun environment. **HELMETS REQUIRED and GLOVES RECOMMENDED!**

Pre-CanSkate	Fall or Winter	Feildian Gardens	Sat. 10:10-10:40am	\$95.00
Pre-CanSkate	Fall or Winter	Feildian Gardens	Sat. 12:20-12:50am	\$95.00
Pre-CanSkate	Fall or Winter	Twin Rinks	Tue. 10:30-11:00am	\$95.00
Pre-CanSkate	Fall or Winter	Twin Rinks	Tue. 12:30-1:00pm	\$95.00

#### CanSkate

CanSkate Stages 1 – 7. CanSkate is a basic learn-to-skate program for children able to stand up on skates and pay attention to group instruction. Children learn at their own pace through badge levels. There will be professional coaches and program assistants to help skater's progress at their own pace. Skaters may join more than one skating session during the week (please ask about our reduced rate for multiple CanSkate sessions).

#### **HELMETS REQUIRED and GLOVES RECOMMENDED!**

Once a skater reaches stages 4 to 7, they are encouraged to participate in our Pre-Junior program which is designed for the more advanced skater interested in developing speed and agility on the ice. In this program, skaters will learn some basic figure skating skills. A professional coach and program assistants will instruct skaters. Skaters need to have passed Stage 3 or be able to demonstrate equivalent skating skills in order to enter this program. As they advance through this program, the opportunity is available to skate more than once a week and if desired work with a private coach and private lessons. **HELMETS REQUIRED and GLOVES RECOMMENDED!** See the Club Canskate Administrator for more information.

Saturday	Fall or Winter	Feildian Gardens	10:40-11:25 a.m.	\$125.00
Saturday	Fall or Winter	Feildian Gardens	11:35-12:20 p.m.	\$125.00
Saturday	Fall or Winter	Jack Byrne	4:00- 4:45 p.m.	\$125.00
Sunday	Fall or Winter	Twin Rinks	12:00-12:45 p.m.	\$125.00
Sunday	Fall or Winter	Twin Rinks	2:05-2:50 p.m.	\$125.00
Wednesday	Fall or Winter	Twin Rinks	5:25-6:10 p.m.	\$125.00
Thursday	Fall or Winter	Goulds Arena	6:30-7:15 p.m.	\$125.00

#### Teen Learn to Skate:

The majority of skaters in our main CanSkate learn to Skate sessions are younger skaters- 11 and under. Older skaters often feel out of place in these sessions so we are offering a CanSkate program specifically for the 11-17 age range (older skaters are eligible for our adult program). **HELMETS REQUIRED.** Contact Club Administration Office 579-1923.

Teen	Fall or Winter	Goulds Arena	Thurs 7:25 – 8:20pm	\$125.00
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Adult Learn to Skate: (17 years of age and up)

Whether you just want to learn to skate or whether you want to improve your skating to have more fun, we have the program for you. Plus it's good exercise!! **HELMETS ARE HIGHLY RECOMENDED** for skaters from Stage 1 - 7. Contact Club Administration Office 579-1923.

Adult	Fall or Winter	F. Gardens	Mon. 9:00 – 9:50 p.m.	\$125.00
Advanced Adult	Fall or Winter	Goulds Arena	Thurs. 7:25 – 8:20 p.m.	\$125.00

Hints and frequently asked questions

- The bottom toe pick should NOT be removed from a beginner's figure skates. The bottom pick may take a bit of getting used to, but it is important for jumping, footwork, and balance.
- Always wear mitts or gloves.
- Skates should not be too big. One finger should fit down between the heel and the back of the skate.
- Skates that are too small make for cold feet. Multiple socks have the same effect.
- When lacing skates, don't lace too tightly near the toes. Make them tight around the ankle and a bit looser toward the top. Tuck the lace ends into the top of the boot.
- Blades MUST be sharp. Most new skates are not sharpened when bought, so make sure you have them sharpened before your child comes to the rink. Skates won't stay sharp if they come in contact with concrete floors! Always wear blade guards when not on the ice.
- Clothing should be loose and flexible. Snowsuits are NOT a good idea. Long underwear and sweat pants with a couple of sweaters are a good combination.

**Helmets**

Skate Canada writes "*Selecting a proper CSA approved helmet should be the most important criteria when selecting the right helmet for your child. Owning a CSA approved helmet should be paramount to all other reasoning (including comfort or convenience) as to the type of helmet to wear or not to wear. The coverage of the head that is provided by a CSA approved hockey helmet is by far the best; a bicycle helmet, in comparison, does not give full coverage around the entire head. The concern with any helmet other than an approved hockey helmet is the lack of protection on the lower portions of the head that have a tendency to be injured. It should also be noted that a hockey helmet is designed to withstand repeated bumps and protect against penetration. A bicycle helmet once involved in an accident should be discarded. Consideration should also be given to further protection by installing face protectors on the front of the helmets. Although face protectors are not essential, chin guards are highly recommended in the CanSkate program due to certain skating skills that are required at the level. Claims received by our insurance company have also shown that eye protection would also be beneficial.*"

**PreSkate and CanSkate**

These are two branches of the same program, separated on the basis of age. Generally kids 3 and 4 years old are less willing to take the ice without a parent being present, and have a relatively shorter attention span. Thus we encourage parents, with or without skates to accompany their child onto the ice in Preskate, and the sessions only last 30 minutes with a strong emphasis on play.

CanSkate is designed mainly for those 5 and up, who are happy going onto the ice unaccompanied, but the program is designed for a range of abilities, including those who have never skated.

The age is used as a guideline only and we leave it to the parents' judgement as to which program is best suited to a skater who is 4 years old or more. We try to be flexible and if the program you start in is not working we encourage switching between CanSkate and PreSkate, and vice versa.

**Parent Orientation Session will be held during your child's skating time during the week of October 25, 2009 – October 31, 2009**