

Limestone District Skating Programs

“LDSP”

Operated By

Skate Kingston

Loyalist Winter Club

Fort Henry Heights Skating Club

SPRING 2010 Recreational Programs

Operating at the INVISTA Centre (Gardiner’s Rd.) on the Rona Ice Pad

CANSKATE

5:50-6:40 pm Monday – 6 sessions running April 12th to May 17th

This program will offer a 10 minute off-ice group warm-up followed by a 40 minute structured on-ice group lesson. Skaters will have the opportunity to learn to skate or continue to master basic skating skills which include forwards, backwards, jumping, spinning, turning and stopping. Skaters will receive ongoing incentives and a report card upon completion of this program.

Price: \$75.00

PRE-POWER SKATE

5:50-6:40 pm Monday – 6 sessions running April 12th to May 17th

This program will offer a 10 minute off-ice group warm-up followed by a 40 minute structured on-ice group lesson. Pre-PowerSkate is an introductory learn to skate program for skaters of all ages. It is designed to teach basic power skating skills focusing on balance, forward and backward skating, stopping, turning and agility.

Price: \$75 .00

ADULT LEARN TO SKATE and SKILL DEVELOPMENT

7:50 – 8:50 pm Wednesday – 7 sessions running April 7th to May 26th

This program will offer a 60 minute on-ice session in a group lesson format with a certified instructor. Adults (and teenagers) can learn to skate and develop skills in a fun and friendly atmosphere. This program will teach basic skills and help improve technique.

Price: \$150.00

INTRODUCTORY GROUP

5:30-6:20 pm Monday – 7 sessions running April 12th to May 17th

This program will offer a 50 minute on-ice session in a group lesson format. This program is the next step from CanSkate, skaters in this program should have achieved Level 3 in CanSkate. Skaters may return to the CanSkate program provided there are no tests achieved. The program will introduce skaters to the disciplines of skating: skills, dance and freeskate incorporating lessons in each area. Private lessons may also be arranged in this program; however parents will be responsible to make these arrangements and to pay the coaching fees associated with private or semi-private lessons. Skaters who have passed a complete Skate Canada test MUST register for the “A” STARSkate session.

Price \$90.00

LDSP SPRING SESSION 2010 – RECREATIONAL PROGRAMS

REGISTRATION FORM
Application deadline April 6th 2010

Skater's Name: _____ D.O.B. _____

Parent's Name: _____ Last CanSkate badge attained _____

Skate Canada # _____ Home Club _____

Email: _____ Phone: _____/_____

Address: _____

Payment Information – Please circle the program for registration

| | |
|---------------------------|-----------------|
| Canskate | \$75.00 |
| CanPower | \$75.00 |
| Adult Group | \$150.00 |
| Introductory Group | \$90.00 |

If not registered in a *Skate Canada* skating program for this year
add the Skate Canada Fee

\$ 31.00

Total Fee Due **\$** _____

Please make cheque payable to: Limestone District Skating Programs or "LDSP". An administration fee of \$30.00 will be applied to all NSF cheques.

Registration forms can be submitted at your home club or mailed to the address below. Please ensure that you have provided an e-mail address in order to receive any notices or updates regarding the program.

Release: In consideration of the benefits or potential benefits to me/us, the undersigned skater and his/her parents and/or guardians hereby agree to hold and save harmless the Limestone District Skating Programs, any associated clubs and all officers, directors, executive members, committee members, coaches, chaperones, employees and agents of the program and/or such clubs from any claims for injuries, damage or loss of any kind whatsoever, however, or wherever caused and the aforesaid jointly and severally are all hereby accordingly released by the undersigned from any and all such claims. The undersigned acknowledges having received and read and also agrees to abide by all rules of the Limestone District Skating Programs and all Skate Canada rules in effect from time to time. Further, it is understood that photographs taken during this session may be used for promotion purposes of LDSP.

Signature of Parent/Guardian: _____ Date _____

Application deadline April 6th , 2010

Limestone District Skating Programs

Main Post Office

P.O. Box 1014

Kingston, ON K7L 4X8

LDSP Board

Loyalist Winter Club

Fort Henry Heights Skating Club

Skate Kingston

Marguerite Daubney

Annette Stuart

Glenda Cartwright

Ann McFie

Cathy Fisher

Carolyn Crotty

mdaubney@cogeco.ca

castuart81@cogeco.ca

gk.cartwright@cogeco.ca

ann.mcfie@sympatico.ca

catfish8@cogeco.ca

ccrotty@cogeco.ca

LDSP Recreational Programs – April 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---------|--|----------------------------|--------|----------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 Adult 7:50-8:50 pm Flood 8:50-9:00 pm | 8 | 9 | 10 |
| 11 | 12 CanSkate/ PrePower 5:50-6:40 pm Introductory 6:30-7:20 pm Flood 7:20-7:30 pm | 13 | 14 Adult 7:50-8:50 pm Flood 8:50-9:00 pm | 15 | 16 | 17 |
| 18 | 19 CanSkate/ PrePower 5:50-6:40 pm Introductory 6:30-7:20 pm Flood 7:20-7:30 pm | 20 | 21 Adult 7:50-8:50 pm Flood 8:50-9:00 pm | 22 | 23 | 24 |
| 25 | 26 CanSkate /PrePower 5:50-6:40 pm Introductory 6:30-7:20 pm Flood 7:20-7:30 pm | 27 | 28 Adult 7:50-8:50 pm Flood 8:50-9:00 pm | 29 Test List Due | 30 | 31 |

LDSP Recreational Programs – May 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|--|---------|--|----------------------------|--------|---|
| | | | | | | 1 |
| 2 | 3 CanSkate /PrePower 5:50-6:40 pm Introductory 6:30-7:20 pm Flood 7:20-7:30 pm | 4 | 5 Adult 7:50-8:50 pm Flood 8:50-9:00 pm | 6 | 7 | 8 |
| 9 | 10 CanSkate /PrePower 5:50-6:40 pm Introductory 6:30-7:20 pm Flood 7:20-7:30 pm | 11 | 12 Adult 7:50-8:50 pm Flood 8:50-9:00 pm | 13 Test Env. Due | 14 | 15 |
| 16 | 17 CanSkate /PrePower 5:50-6:40 pm Introductory 6:30-7:20 pm Flood 7:20-7:30 pm | 18 | 19 Adult 7:50-8:50 pm Flood 8:50-9:00 pm | 20 | 21 | 22 |
| 23 Happy Victoria Day | 24 Happy Victoria Day | 25 | 26 | 27 | 28 | 29 Test Day 10:30am-5:30 pm |
| | | | | | | 30 Test Day 8 am-4 pm |