



**CANSKATE 2017/18 SESSIONS**

<b>Fred Barrett Arena (East Rink)</b>			
<b>DAY</b>	<b>SESSION</b>	<b>TIME</b>	<b>PROGRAM FEES – EARLY BIRD (BEFORE SEP 15/17)</b>
Tue	Fall (13 weeks) Sept 19/17 – Dec 19/17	6:00-6:50pm	\$212.00
Tue	Winter (15 weeks) Jan 9/17 – Apr 17/18	6:00-6:50pm	\$244.00
<b>Manotick Arena</b>			
<b>DAY</b>	<b>SESSION</b>	<b>TIME</b>	<b>PROGRAM FEES – EARLY BIRD (BEFORE SEP 15/17)</b>
Mon	Fall (11 weeks) Oct 2/17 – Dec 18/17	6:00-6:50pm	\$179.00
Mon	Winter (11 weeks) Jan 8/18 – Mar 26/18	6:00-6:50pm	\$179.00
Thurs	Fall (12 weeks) Oct 5/17 – Dec 19/17	6:00-6:50pm	\$196.00
Thurs	Winter (12 weeks) Jan 4/18 – Mar 29/18	6:00-6:50pm	\$196.00
Fri	Fall (12 weeks) Oct 6/17 – Dec 22/17	6:00-6:50pm	\$196.00
Fri	Winter (11 weeks) Jan 5/18 – Mar 23/18	6:00-6:50pm	\$179.00
Sat	Fall (12 weeks) Oct 7/17 – Dec 23/17	11:30am - 12:20pm	\$196.00
Sat	Winter (11 weeks) Jan 6/18 – Mar 24/18	9:30 – 10:20am	\$179.00

**Pre-CANSKATE 2017/18 SESSIONS**

<b>Fred Barrett Arena (East Rink)</b>			
<b>DAY</b>	<b>SESSION</b>	<b>TIME</b>	<b>PROGRAM FEES – EARLY BIRD (BEFORE SEP 15/17)</b>
Tue	Fall (13 weeks) Sept 19/17 – Dec 19/17	6:00-6:50pm	\$212.00
Tue	Winter (15 weeks) Jan 9/17 – Apr 17/18	6:00-6:50pm	\$244.00
<b>Manotick Arena</b>			
<b>DAY</b>	<b>SESSION</b>	<b>TIME</b>	<b>PROGRAM FEES – EARLY BIRD (BEFORE SEP 15/17)</b>
Mon	Fall (11 weeks) Oct 2/17 – Dec 18/17	6:00-6:50pm	\$179.00
Mon	Winter (11 weeks) Jan 8/18 – Mar 26/18	6:00-6:50pm	\$179.00
Sat	Fall (12 weeks) Oct 7/17 – Dec 23/17	11:00 – 11:30am	\$118.00
Sat	Winter (11 weeks) Jan 6/18 – Mar 24/18	9:00 – 9:30am	\$108.00

**CanSkate & Pre-CanSkate Cancellation Dates****Mon:** Oct 9, Dec 25, Jan 1, Feb 19**Tues:** Oct 31, Dec 26, Jan 2**Thurs:** Dec 28, Jan 25**Fri:** Dec 29, Jan 26**Sat:** Dec 30, Jan 27**Important Dates**

Family Skate with Santa: Dec 18, 19, 21, 22, 23

**ALL PARTICIPANTS ARE REQUIRED TO WEAR A CSA-APPROVED HOCKEY HELMET ON THE ICE. SKI AND BIKE HELMETS ARE NOT ACCEPTABLE. PLEASE REMEMBER TO BRING MITTENS AND A WARM JACKET FOR YOUR CHILD, AND TO DRESS THEM IN WARM PANTS. (JEANS ARE NOT RECOMMENDED.)**

**Parent(s)/Guardian(s) must remain at the arena during all CanSkate sessions.**

**RSC 2017-2018 COACHES**

<b>NAME</b>	<b>PHONE #</b>
Jan Calnan	613- 821-0557
Marie-Josée Cloutier	819- 459-2453
Margo Guerette	613-301-2253
Katrina Millard-VanLuven	613- 692-6217
Darryl VanLuven	613- 692-6217
Brandi Young	613-292-9591

### RSC 2017-2018 EXECUTIVE

<b>Position</b>	<b>Name</b>
Past President	Donna Johnston
President	Vacant
Vice-President	Michelle Carney
Treasurer	Michael O'Connor
Secretary	Larissa Patterson
StarSkate Registrar	Helen Weeks
Publicity	Heather Lee
Special Events	Tessa Hermelin
Fundraising	Samantha Roeske
Test Chair	Jennifer Dean
Coaches' Rep.	Brandi Young
Director	Dan Gray
Director	Yvonne Brandreth



**CANSKATE** is a national learn-to-skate program that is exciting, progressive and active. Skaters are taught the fundamentals of skating in a group lesson format by a NCCP certified professional coach, assisted by trained Program Assistants. The Program is designed for future hockey and ringette players, figure, speed, or recreational skaters. Participants earn badges as skills are mastered. **Skaters must be 5 years of age by September 1, 2017.**

**PRE-CANSKATE:** is designed to assist younger skaters (3 and 4 years old) learn to skate. Participants learn to walk and gain balance to progress to gliding and then towards the fundamental movements on the ice. Skaters are taught through the use of games, songs and activities in a fun and stimulating environment. Please, no bob-skates (doubleblades). **Parents do NOT accompany children on the ice. Skaters must be 3 years of age by September 1, 2017. Pre-CanSkate is for 3 and 4 year olds.**

Our Program Assistants attend a training course each year to develop the skills necessary to assist the Professional Coaches in delivering a high quality program in a professional and safe environment.

#### **BEYOND CANSKATE**

Skaters progress from CanSkate into our Pre-Star program. Skaters then advance from Pre-Star to our StarSkate sessions. Our StarSkate Program teaches the fundamentals of figure skating in a group and/or private lesson format. Please see our StarSkate Brochure for information on these sessions.

## **REGISTRATION**

Registration for CanSkate and Pre-CanSkate is online only:

<http://rideauskating.ca/registration/>

All fees must be paid in full prior to any skater being permitted on the ice. Payment may be made online via credit card. The board and/or coach have the right to not allow the skater on the ice until such time as all outstanding balances have been paid. Registration fee includes RSC membership, insurance for the skater, ice, program fees, and the **non-refundable Skate Canada Membership fee of \$36** for the skater. Register before September 15, 2017 to obtain Early Bird pricing. Full fees apply from September 15, 2017.

## **RULES AND REGULATIONS**

Rideau Skating Club reserves the right to move skaters between classifications, depending on the skater's ability and the professional coaches' recommendations. Rideau Skating Club reserves the right to change/cancel sessions and ice times depending on registration, and club requirements. All changes and/or cancellations will be posted on the Club's website. Information may also be posted on the Club's Facebook page and bulletin board at the arena. Skaters registering with the Club must abide by the Rideau Skating Club rules, also posted on the Arena bulletin board. Skaters may not substitute one day of skating for another without prior permission from the registrar.

For more information and to register online, please check our website [WWW.RIDEAUSKATING.CA](http://WWW.RIDEAUSKATING.CA)

Phone # 613-692-2804

EMAIL: [rideauskating@gmail.com](mailto:rideauskating@gmail.com)