

Coaching

The Centennial Figure Skating Club uses a team coaching method. Skaters will receive lessons from the team leader as well as other coaches. **All lessons during club ice-time are included in the registration fees.**

General Program Information

- Private and semi-private lessons are included in the registration fees.
- Parents are requested to view lessons from the bleachers or lobby viewing area. Parents are not permitted to view lessons from the players' boxes as this disrupts the classes.
- If a registered skater is in any way disruptive during skating lessons, causing other skaters to be held back from a positive learning experience, the coach will discuss the concern with the skater/parent. If the skater's behaviour does not improve, the skater will be asked to withdraw from the class and a partial refund of registration fees will be given.

Appropriate Dress & Equipment

For CanSkate we recommended that you purchase a leather lace up skate rather than molded skates. Please do not purchase the style of skate that has one or two straps instead of laces as they make it difficult to stand straight. All CanSkaters are required to wear helmets. Layered clothing is recommended as bulky snowsuits can hinder movement.

Pre-STARSkate and STARSkate skaters must wear figure skates and proper skating attire. For girls this consists of body suit and skating skirt, or skating dress and skating tights. Leggings may be worn, however they must be tight fitting on the legs/hips and allow for movement. For boys proper skating attire consists of track pants and warm fleece/sweatshirt. No baggy track suits, hooded sweatshirts, jeans, or shorts allowed.

Keep Skating To Keep Warm

Recommended Skate Shops

United Cycle: 103 and 78 Ave (Gateway Blvd)

ProSkate: 16972-111 Ave or 9212-51 Ave

Please sharpen skates only at these shops

Our Mandate

The Centennial Figure Skating Club is dedicated to enabling life-long participation in skating for fun, fitness, and achievement. Our goal is to provide quality, affordable skating instruction to all club members in an environment that promotes personal achievement in a positive and supportive manner.

Professional Coaching Team

Team Leader – Karen Brown

Certified Level III, 30+ years experience
coach@skatecentennial.com

Coaching Team

Angela Anderson, Tanya Crnogorac, Tracey Hammer,
Sergey Shokot, Rebecca Weise

Dance Partner – Alan Carver

Fundraising

Fundraising is critical to the ongoing success of Centennial Figure Skating Club. Fundraising helps cover the cost of a variety of activities, including professional coaching and ice time.

For 2010/2011, each skater is required to fundraise the following amounts to help keep skating fees low:

Pre-STARSkate	\$100
Junior STARSkate	\$150
Adult STARSkate	\$150
Intermediate/Senior STARSkate	\$200

(full-time & part-time)

Each skater is required to submit a fundraising deposit cheque with their registration. If you are not interested in fundraising, you have the option of paying out the amount that is due.

Fundraising options are: Purdy's chocolates and a skate-a-thon. A payment of \$40/box is required for Purdy's chocolates. You reimburse yourself this expense when you sell the chocolates. Each box sold earns you \$20 in fundraising credits.

CanSkate has NO fundraising requirement.



CENTENNIAL FIGURE SKATING CLUB

2010-2011 Skating Programs

CanSkate
Pre-STARSkate
STARSkate
AdultSkate



Centennial Figure Skating Club

"Where Families Come to Skate"

www.skatecentennial.com

Club Office/Arena

Clareview Arena
3804-139 Ave
Edmonton, AB
780-406-5651

Postal Address

Centennial Figure Skating Club
Box 50097
RPO Clareview
Edmonton, AB, T5Y 2M9

contact@skatecentennial.com

CanSkate (Learn-to-Skate)

CanSkate is a learn-to-skate program for everyone, from first time skaters to more advanced skaters who wish to improve their skating technique. Our programs emphasize fun and continuous movement, along with quality skill learning. This program benefits all types of skaters (recreational, figure skating, hockey, and ringette) by teaching and improving both basic and advanced skating techniques.

CanSkate classes are taught by certified professional instructors along with trained program assistants in small groups. Skaters will be grouped according to age and skill level (6-10 skaters per group). We recommend the 2 day a week program for optimal improvement.

2010/2011 CanSkate Schedule	Saturday Class 11:45am – 12:30pm	Monday Class 6:00pm – 6:45pm
Session 1 <i>Sep – Nov, 8 classes</i>	Sep 11, 18, 25; Oct 2, 9, 16, 23, 30	Sep 13, 20, 27; Oct 4, 18, 25; Nov 1, 8
Session 2 <i>Nov – Jan, 8 classes</i>	Nov 6, 13, 20, 27; Dec 4, 18; Jan 8, 15	Nov 15, 22, 29; Dec 6, 13; Jan 3, 10, 17
Session 3 <i>Jan – Mar, 8 classes</i>	Jan 22, 29; Feb 5, 12, 19, 26; Mar 5, 12	Jan 24, 31; Feb 7, 14, 21, 28; Mar 7, 14

CanSkate Prices*	Session 1, 2, or 3	All 3 sessions
1 day per week <i>Saturday <u>or</u> Monday class</i>	\$90.00 each 8 classes	\$240.00 24 classes
2 days per week <i>Saturday <u>and</u> Monday classes</i>	\$160.00 each 16 classes	\$430.00 48 classes

* CanSkate has NO fundraising requirement

CanSkate class times: Saturday, 11:45am – 12:30pm
Monday, 6:00pm – 6:45pm

Pre-STARSkate (Learn-to-Figure Skate)

Pre-STARSkate is a learn-to-figure skate program. This program includes instruction in basic skating skills as well as jumps, spins and field moves (spirals etc). Pre-STARSkate is taught in groups (maximum of 4 skaters per group) with instruction by professional coaches. Pre-STARSkate is also an excellent bridge from CanSkate to STARSkate for skaters wishing to compete. Skaters in Pre-STARSkate have the opportunity to compete at the Edmonton FunSkate Competition.

Pre-STARSkate		
Price 2 hours per week	Schedule	2010/2011 Season
\$450.00	Monday: 5:00pm – 6:00pm Friday: 5:30pm – 6:30pm	September 13 th to mid-April

Pre-STARSkate fees include 2 hours of ice time and group lessons.

Pre-STARSkaters must wear figure skates and proper skating attire. Helmets are not required. Skate guards must be worn off ice.

STARSkate (Test & Competitive Programs)

STARSkate provides opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. STARSkate teaches figure skating skills in private, semi-private, and group lesson formats in a progressive and sequential manner.

Centennial Figure Skating Club offers two STARSkate programs:

Junior STARSkate Test Program

Intermediate / Senior STARSkate Test or Competitive Program

Off-ice training programs will be offered (at extra cost) during the season, skater demand permitting.

Junior STARSkate

In our Junior STARSkate Test Program skaters work towards Skate Canada tests. They will also have the opportunity to compete at the Edmonton Fun Skate Competition and the Edmonton Region Open Competition.

Junior STARSkate		
Price 4 hours per week	Schedule	2010/2011 Season
\$700.00	Thursday: 4:30pm – 6:00pm Saturday: 12:30pm – 2:00pm plus 1 hr flexible ice-time	September 11 th to mid-April

Junior STARSkate fees include 4 hours of ice time, on-ice dance lessons, and private, semi-private and group lessons.

Intermediate / Senior STARSkate

Our Intermediate / Senior STARSkate Test or Competitive Program is designed to help skaters achieve their maximum personal growth and figure skating potential.

Intermediate / Senior STARSkate	
Program*	Price
Part-time (up to 6 hours per week)	\$1,000
Full-time (10+ hours per week)	\$1,200

Intermediate/Senior STARSkate 2010/2011 Season: Sept 8th to mid-April. Intermediate/Senior STARSkate fees include ice time, on-ice dance lessons, and private, semi-private and group lessons.

AdultSkate

Adults skaters participate in all our skating programs, from CanSkate to STARSkate. We will help you select the program that suits your specific needs. Please contact Karen Brown (780-998-7177), Coaching Leader.

AdultSkate		
Price 2 hours per week	Schedule	2010/2011 Season
\$450.00	Saturday: 11:45am – 2:00pm <i>Includes 15 minute optional break</i>	September 11 th to March 12 th

AdultSkate fees include 2 hours of ice time and group lessons.

Payment Plans & Membership Fees

CFSC Members may opt to pay their skating fees in three instalments, excluding CanSkate.

Centennial Figure Skating Club program prices do not include membership fees. A \$35.00 membership fee is payable annually, and includes membership to the Centennial Figure Skating Club, Skate Alberta, and Skate Canada.



Ice Cancellations

2010

Monday October 11th (Thanksgiving),
Thursday November 11th (Remembrance Day)
Saturday December 11th
December 20th to January 1st (Christmas Break)

2011

December 20th to January 1st (Christmas Break)
March 28th to April 2nd

