

REGISTRATION – Registration will take place on 11 September 2010 at the Leisure Expo to be held at the Kingston Military Community Sports Centre from 11:00 am to 4:00 pm. Registrations will also be accepted at the Constantine Arena, Saturday mornings 9:00-11:00 am in the Sound booth or via mail to the address indicated.

PAYMENT – Payment Deduction Authorization (PAD) is recommended for payment of fees; however, cash and cheques are also accepted. Fees include Skate Canada membership fees and insurance coverage, the CFB Kingston Recreation Association fee and HST.

FUNDRAISING – All skaters registered with the club are asked to participate. This year's fundraising incentive is the Skate Ontario Promotional Lottery Tickets. Other voluntary fundraising programs will be announced shortly. Our first will be a Fresh Christmas Wreath Sale, details will follow.

If you prefer to not take part, a mandatory \$45.00 per skater or \$55.00 per family fundraising fee must be paid upon registration in any program.

NEWSLETTER – A club newsletter will be made available each month to keep you up to date on upcoming events, or ice changes if required. A calendar of actual skating sessions will be provided at the beginning of the year. All information is also available through our web site, www.kingston.org/FHHSC.

COACHES – Our club operates with both Professional Coaches and qualified Program Assistants. All members of the coaching team are trained in the most up-to-date techniques and skills they require to teach your child.

Canskate Sue Bernard 613-546-7182
Coaches: Catherine Collings 613-544-5933
Sharon Nixon 613-888-7587
Kenneth Topper--Lockwood

DATES TO MARK ON THE CALENDAR

- CanSkate Start Date – 16 Oct 10
- Club Competition-18 Dec 10
- Santa Skate/Bring a Friend – 19 Dec 10
- Christmas Break -- 25-26 Dec 10
- New Year Break – 1-2 Jan 11
- Trillium Interclub – 12-13 Feb 11 (LWC)
- Ice Show Practices – To Be Scheduled
- Ice Show – 9-10 Apr 11

ANNUAL ICE SHOW – At the end of the skating season the club presents the Annual Ice Show for the participation of all skaters. This year's show "FHHSC Unlocks the Vault" is a revival of the past ten years of Ice Shows.

HAVE A QUESTION? Should you have any questions or concerns regarding the FHHSC please direct them to Glenda Cartwright, President at 547-4495 or via E-mail at gk.cartwright@cogeco.ca.

FHHSC BOARD OF DIRECTORS

President	Glenda Cartwright
Vice President	Sherri Elms
Secretary	Tracy Coady
Treasurer	Robert Lloyd
Fundraising Rep	Kina Pelletier-Carson
Test Chairperson	Ann McFie
Coaches Rep	Sharon Nixon

VOLUNTEERS - As with any "volunteer run" organization, we are actively seeking volunteers to take part and assist in the daily running of our club. Whether you assist with our ice show, as a phone contact parent or on the executive, your assistance is extremely valued and necessary to the ongoing success of our organization.

CLUB CLOTHING – Club jackets and track suits are ordered once per season. Order forms and information will be available at registration.

FORT HENRY HEIGHTS SKATING CLUB

2010-2011

SKATING PROGRAMS (GROUPS) CLUB BROCHURE



**Proudly Celebrating
45 Years of Operation**

Located at the Constantine Arena
(Constantine Drive and Highway # 2)

Mailing Address:

Station Main P.O. Box 1014

Kingston, ON

K7L 4X8

Web Site: www.kingston.org/FHHSC



Celebrating 45 years of service in the military community, the Fort Henry Heights Skating Club (FHHSC) is a proud member of Skate Canada. Located at the Constantine Arena, the FHHSC provides skating instruction in CanSkate, Parent and Tot, Pre Power, Adult and STARSkate/Competitive programs. The aim of the club is to promote and develop an interest in the sport of skating. The emphasis is on community participation while providing an enjoyable experience for the skaters. All programs continue until the presentation of our Annual Ice Show on 9 & 10 April 2011.

PROGRAMS

CANSKATE and Advanced CANSKATE

CanSkate is a seven stage program that starts with the basic "learn to skate" skills and progresses in difficulty and skill level throughout the seven stages. This is a simple streamlined program teaching basic movements such as pushing, gliding, stopping, turning, spinning and jumping. Lessons consist of instruction, twice per week, and are taught by Professional Coaches and qualified Program Assistants. Awards and incentives are used to motivate skaters to achieve and develop their skills as well as retain their interest.

Parent & Tot provides an opportunity for children in Pre Beginner to learn the basics of skating with **one** of their parents/guardians on the ice with them. The parent/guardian is there to support and encourage a young beginner skater and must be able to skate on their own to participate in this program.

Pre-Power is a learn-to-skate program designed specifically to enhance and develop better hockey skills. Program focus is on the correct technique of all the skating skills required to make a better hockey player. A good hockey player needs to learn to skate naturally without thinking about their feet, then the focus comes to the stick and then to the game play. Open to Stage 1 or on assessment.

Introductory is designed to help the skater's transition from CanSkate to STARSkate. This program is taught in a group lesson format conducted by Professional Coaches, offering lessons in advanced CanSkate and introducing the skater to the preliminary level skating skills in Stroking, Freestyle, Dance and Skills.

Introductory Plus is available only to those skaters who purchase the full package of Introductory and are interested in additional ice time working with a Private lesson coach.

When your skater is ready to move on from CanSkate they may want to continue into the STARSkate Program:

The STARSkate Program stands for: Skills, Tests, Achievement, and Recognition Program. This program offers opportunities for skaters to develop basic to advanced skating skills in four disciplines: Freestyle, Dance, Interpretive and Skating Skills. These disciplines are then grouped into primary, intermediate and senior level tests.

Adult CanSkate classes provide skating instruction in a group lesson format. This session is 60 minutes in length with 30 minutes of instruction from a Skate Canada Certified Coach.

HELMETS & CLOTHING – Comfortable, warm clothing including mitts or gloves are a must. **Helmets are mandatory** for skaters from Beginner to Stage 2. Safety helmets are recommended for all, and must fit well and adequately cover both the forehead and the back of the head. *No bicycle helmets please!!!*

LESSON/FEE SCHEDULE

CanSkate 40 minutes 20 weeks
Pre Beginner/Beginner/Stages 1 thru 2
 10 minutes off-ice warm up
 30 minutes on-ice group lesson
Saturday 11:05 to 11:45 am
Sunday 11:05 to 11:45 am

Parent & Tot 40 minutes 20 weeks
Pre Beginner/Beginner
Saturday 11:05 to 11:45 am

Pre Power 40 minutes 20 weeks
 10 minutes off-ice warm up
 30 minutes on-ice group lesson
Sunday 11:05 to 11:45 am

START DATE FOR THE ABOVE PROGRAMS IS 16 OCTOBER 2010

Advanced CanSkate – Stages 3 thru 7
 60 minutes 22 weeks
Saturday 10:15 to 11:15 am
Sunday 10:15 to 11:15 am

Introductory STARSkate
 60 minutes 22 weeks
Saturday 10:15 to 11:15 am
Sunday 10:15 to 11:15 am

Introductory Plus 40 minutes 22 weeks
Saturday 9:20 to 10:00 am

Adult CanSkate 60 minutes 22 weeks
 30 minutes on-ice group lesson
Saturday 8:00 to 9:00 pm

START DATE FOR THE ABOVE PROGRAMS IS 2 OCTOBER 2010

Open/Adult 90 minutes 24 Weeks
Saturday 8:00 to 9:30 pm

START DATE 18 SEPTEMBER 2010
