

**FEE SCHEDULE** -Detailed breakdown of the fee schedule is available on the applicable Registration Form.

**PAYMENT** – Payment Deduction Authorization (PAD) is recommended for payment of fees. The balance of fees must be paid by 15 March 2011. Fee schedule includes the CFB Kingston Recreation Association fees and HST.

**SKATE CANADA FEES** – no additional fees are required, SC membership fees and insurance coverage are paid by FHHSC for all home club members.

**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](http://www.kingston.org/FHHSC).

**CLUB JACKETS & CLOTHING** – Club jackets are ordered once a season. Order forms and information will be disseminated in October. This year we are introducing a new track suit that may be ordered at registration.

**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.

## DATES TO MARK ON THE CALENDAR

- STARSkate Start Date – 1 Sep 10
- Seminar – 23 Sep 10 Details to follow
- FHHSC Int/High Test Day – 24 Oct 10
- FHHSC Primary Test Day – 4 Dec 10
- SK Int/High Test Day – TBA Dec 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
- Weekday ice available during holidays see calendar.
- Trillium Interclub – 12-13 Feb 11(LWC)
- LWC Int/High Test Day – 5 Mar 11
- FHHSC Primary Test Day – 20 Mar 11
- Ice Show Practices – Dates TBA
- Ice Show – 9-10 Apr 11

**HAVE A QUESTION?** Should you have any questions or concerns regarding the FHHSC please direct them to Glenda Cartwright, President at 613-547-4495 or via E-mail at [gk.cartwright@cogeco.ca](mailto:gk.cartwright@cogeco.ca).

**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.

### FHHSC BOARD OF DIRECTORS:

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

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## FORT HENRY HEIGHTS SKATING CLUB

**2010-2011**

### SKATING PROGRAMS AND CLUB BROCHURE

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**Proudly Celebrating  
45 Years of Operation**

**Located at the Constantine Arena**

(Constantine Drive and Highway # 2)

Mailing Address:

Main Post Office

P.O. Box 1014

Kingston, ON

K7L 4X8

Web Site: [www.kingston.org/FHHSC](http://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 and is located at the Constantine Arena. Providing skating instruction for all levels we offer weekend CanSkate (learn to skate), STARSkate, Competitive and Adult 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.**

**Kingston Memorial Centre (KMC) – this year we will be offering additional STARSkate sessions at the Kingston Memorial Centre from October to March. (See calendar for specific dates).**

## PROGRAMS

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

**Intermediate and Senior STARSkate** are figure skating levels for the more serious skater. These programs are taught via private lessons. All skaters registering for these programs must have a professional coach to augment the progress of the skater and to prepare them for the various testing levels. Group lessons for stroking are provided by the club and included in your session fee. Private coaching costs are not included in the session fees. The STARSkate skating season commences 1 September 2010 (see calendar for details).

**Introductory** – please see the Group Programs Brochure for details.

**Adult** – please see the Group Programs Brochure for details.

**COACHES** – Our club operates with both Professional Coaches and Program Assistants. All coaching staff members are trained in the most up to date techniques and skills they require to teach your child. List of coaches and bios are available on the website.

On Ice Coaches:

Sue Bernard 613-546-7182

Catherine Collings 613-544-5933

Sharon Nixon 613-888-7587

Off Ice Instructor

Laura Breck

**MUSIC PLAYING** – Parents are required to play music on all weekend STARSkate sessions. Parents will be scheduled to play music throughout the season, email confirmation will be provided.

**HARNESSES USAGE** – May be used during any regular session provided space permits. Operation of the harness is restricted to the FHHSC Coaches and usage is restricted to the skaters who have purchased packages with the FHHSC.

**OFF ICE** – Sessions will be offered at the KMCSC on Saturday and Sunday mornings and at the KMC on Thursday afternoons. See calendar for dates.

**GUEST SKATING** – is available only when space permits and with prior consent of the FHHSC. Pre-paid guest skating cards are available for purchase on request.

**SKATING SESSIONS** – The FHHSC regular skating season is October to March. Additional ice time is available in September and April. Registered skaters are permitted to skate in September and April for the maximum number of days purchased and on the specific weekend day selected.

## LESSON SCHEDULE

### STARSKATE/COMPETITIVE (25+ Weeks)

➤ Fall Session - Refer to calendar for timings.  
 ➤ Winter Session schedule as follows – starts 16 October 2010. **PLEASE NOTE: This schedule will rotate on a monthly basis.** For the months Sep, Nov, Jan and Mar the schedule as indicated below. For the months Oct, Dec and Feb the Saturday and Sunday schedule switch. Refer to calendar for specific schedule details.

#### Constantine Arena (Sep-Apr)

<b>Saturday</b>	Senior	6:00-8:00
	Stroking	8:00-8:10
	Flood	8:10-8:20
	Intermediate	8:20-9:50
	Stroking	9:50-10:00
	Flood	10:00-10:15

<b>Sunday</b>	Intermediate	6:00-7:30
	Stroking	7:30-7:40
	Flood	7:40-7:50
	Senior	7:50-9:50
	Stroking	9:50-10:00
	Flood	10:00-10:15

#### Kingston Memorial Centre (KMC) (Oct-Mar)

**Monday** Open 3:00-4:50

**Tuesday** Open 3:00-4:50

**Thursday** Open 3:00-3:50  
 Off-Ice 4:00-5:00

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### TEST LEVEL REQUIREMENTS

#### Senior Session

Working on Senior Bronze Freeskate or, working on Jr Silver Dance **and** Skills

#### Intermediate Session

Working on Preliminary Freeskate or Junior Bronze Freeskate.

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**Off Ice** – Starts 18 September 2010

Saturday 10:10-11:10

Sunday 10:10-11:10