

REGISTRATION – Registration will take place on 24 Aug 11 at the Constantine Arena and 10 Sep 11 at the Leisure Expo to be held at the Kingston Military Community Sports Centre from 11 am to 3 pm. Registrations will also be accepted at the Constantine Arena on 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. Cheques made payable to Base Fund. Fees include Skate Canada membership fees, insurance coverage, the CFB Kingston Recreation Association fee and HST.

FUNDRAISING – All skaters registered with the club are asked to participate. Families will receive one Skate Ontario Promotional Lottery Booklet included with their registration. Additional fundraising programs will be announced throughout the skating season. Our first will be a Fresh Festive Wreath Sale.

If you prefer to not take part, a mandatory \$30.00 per skater or \$45.00 per family fundraising fee must be paid upon registration in any program.

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 Coaches:

Sue Bernard	613-546-7182
Krista Cartwright	613-547-4495
Catherine Collings	613-544-5933
Sharon Nixon	613-888-7587
Stephanie Sharp	
Kenneth Topper--Lockwood	

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.

DATES TO MARK ON THE CALENDAR

- Registration- Arena – 24 Aug 11
- Used Skate Sale – 24 Aug 11
- Registration – KMCSC – 10 Sep 11
- Adult Start Date – 17 Sep 11
- CanSkate Start Date – 24 Sep 11
- Santa Skate/Bring a Friend – 18 Dec 11
- Christmas Break – 24-25 Dec 11
- New Year Break – 31 Dec 11- 1 Jan 12
- CanSkate Challenge -28 Jan 12
- Trillium Interclub – 18-19 Feb 12 (FHHSC)
- Ice Show Practices – To Be Scheduled
- Ice Show – 14-15 Apr 12

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 is "Lion King".

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.

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
CanSkate Rep	Andra Jones
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.

FORT HENRY HEIGHTS SKATING CLUB

2011-2012

SKATING PROGRAMS (GROUPS) CLUB BROCHURE



**Proudly Celebrating
46 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 46 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 Pre CanSkate, CanSkate, Parent & 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, Lion King, on 14 & 15 April 2012.

PROGRAMS

Pre-CanSkate and 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 CanSkate 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 and Advanced Pre-Power are learn-to-skate programs designed specifically to enhance and develop better hockey skills.

Programs focus 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. Skaters must be at the CanSkate Stage 1 level minimum or based on Coach assessment.

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

Junior Plus is available only to those skaters who purchase the full Junior STARSkate package 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 and Adult Plus provide an opportunity for Adults to take part in a 90 minute on ice session, with an option of 30 minutes group instruction from a Skate Canada Certified Coach. Saturday evenings 8:00-9:30, sessions start 17 September 2011.

HELMETS -- Helmets are mandatory for all skaters, children and adult, from Beginner up to and including Stage 5 CanSkate. Only CSA approved safety helmets are to be used. They must fit well and adequately cover both the forehead and the back of the head. *No bicycle helmets!!!*

CLOTHING – Comfortable, warm clothing including mitts or gloves are a must.

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

LESSON SCHEDULE

Start Date – 24 September 2011

Pre CanSkate	45 minutes
Pre Beginner/Beginner/Stage 1	
Saturday	11:00 to 11:45 am
Sunday	11:00 to 11:45 am
Parent & Tot	45 minutes
Pre Beginner/Beginner	
Saturday	11:00 to 11:45 am
Sunday	11:00 to 11:45 am
Pre-Power	45 minutes
Stage 1 to 3	
Sunday	11:00 to 11:45 am
Advanced Pre-Power	45 minutes
Stage 3 to 6	
Saturday	11:00 to 11:45 am
The above classes include 22 weeks of skating, plus Ice Show practice time and Ice Show performances. Each class includes:	
10 minutes off-ice warm up	
35 minutes on-ice group lesson	

Start Date – 24 September 2011

CanSkate	60 minutes
Stages 2 to 4	
Saturday	10:00 to 11:10 am
Sunday	10:00 to 11:10 am
Junior STARSkate	60 minutes
Stages 4 to 7	
Saturday	10:00 to 11:10 am
Sunday	10:00 to 11:10 am
Junior Plus	40 minutes
Saturday/Sunday	9:20 to 10:00 am
See schedule for specific details.	
The above classes include 22 weeks of skating, plus Ice Show practice time and Ice Show performances. Each class includes:	
10 minutes off-ice warm up	
60 minutes on-ice group lesson	