

Caledon Centennial Skating Club 2009-2010 Program Descriptions

Fall Season – October 4 to December 20

Winter Season – January 5 to March 28

Full Season – October 4 to March 28

	Session Description	Dates & Times	Program	1 Day	2 Day	3 Day	4 Day	5 Day
Parent & Tot	<ul style="list-style-type: none"> For skaters 3-4 years old, one parent per child CSA approved hockey helmets mandatory (no bicycle helmets) Designed to introduce basic skating skills through interactive games and skill breakdown Gloves or mittens are required, snow pants or splash pants recommended Parent is required to have Skate Canada Membership (\$30) 30 min. group lesson 	Thursday (Caledon East) 5:15 – 5:45	Fall	230	--	--	--	--
			Winter	230	--	--	--	--
			Full	350	--	--	--	--
Kinderskate	<ul style="list-style-type: none"> Skaters must be 3 years old by December 31, 2009 CSA approved hockey helmets mandatory (no bicycle helmets) Gloves or mittens are required, snow pants or splash pants recommended 30 min. group lesson 	Tuesday (Inglewood) 5:00 – 5:30	Fall	230	390	500	--	--
		Friday (Inglewood) 6:00 – 6:30	Winter	230	390	500	--	--
		Sunday (Inglewood) 4:00 – 4:30	Full	350	595	760	--	--
CanSkate Stage 1-5	<ul style="list-style-type: none"> CSA approved hockey helmets mandatory (no bicycle helmets) Gloves or mittens are required 5 min. warm up, 15 min. group lesson, 30 min. supervised practice 	Tuesday (Inglewood) 5:00 – 5:50	Fall	250	425	545	--	--
		Friday (Inglewood) 6:00 – 6:50	Winter	250	425	545	--	--
		Sunday (Inglewood) 4:00 – 4:50	Full	380	645	825	--	--
Junior Starskate	<ul style="list-style-type: none"> Skaters must have passed CanSkate Stage 5 All skaters must wear figure skates Skaters may engage a professional coach for private/semi private lessons 15 min. stroking, 15 min. group lesson, independent practice time 	Tuesday (Inglewood) 5:50 – 6:50	Fall	260	440	565	700	--
		Friday (Inglewood) 5:00 – 6:00	Winter	260	440	565	700	--
		Sunday (Inglewood) 4:50 – 6:05	Full	400	680	870	1080	--
Intermediate Starskate	<ul style="list-style-type: none"> Skaters must have passed Preliminary Dances Skaters must have a professional coach for private/semi-private lessons 15 min. stroking, no group lessons, independent practice time 	Tuesday (Inglewood) 7:00 – 8:00	Fall	230	390	500	620	750
		Thursday (Caledon E) 5:45 – 7:10						
		Friday (Inglewood) 5:00 – 6:00						
		Sunday (Inglewood) 4:50 – 6:05						
Senior Starskate	<ul style="list-style-type: none"> Skaters must have passed Preliminary Freeskate part 1 & 2 and either Jr. Bronze Skills or Jr. Bronze dances Skaters must have a professional coach for private lessons 15 min. stroking, no group lessons, independent practice time 	Tuesday (Inglewood) 7:00 – 8:00	Fall	250	425	545	675	815
		Thursday (Caledon E) 5:45 – 7:10						
		Friday (Inglewood) 7:45 – 9:00						
		Sunday (Inglewood) 6:15 – 8:00						
Adult	<ul style="list-style-type: none"> Skaters may participate in a 15 minute stroking session Skaters may engage a professional coach for private/semi private lessons Independent practice time 	Tuesday (Inglewood) 7:00 – 8:00	Fall	230	--	--	--	--
			Winter	230	--	--	--	--
			Full	360	--	--	--	--
Creative Expression	<ul style="list-style-type: none"> Open to Junior Skaters who have passed at least one Preliminary Dance, Intermediate or Senior Level Skaters. Back to basics program focusing on edges, power, flexibility, endurance, figures and turns in isolation. Taught in a group lesson. Creative Expression can be counted as one day in association with the multi day rates. Recommended as an addition to regular skating program. 	Friday (Inglewood) 7:00 – 7:45	Fall	250	--	--	--	--
			Winter	250	--	--	--	--
			Full	390	--	--	--	--

No Skating Days:

Thanksgiving -- Sunday, October 11, 2009

Christmas Break -- December 21, 2009 – January 4, 2010

March Break -- March 14-19, 2010