



www.geocities.com/clavetskatingclub

THE CLAVET SKATING CLUB PRESENTS

2009 FALL SKATING PROGRAMS

Figure Skating Junior and Senior StarSkate & CanSkate

Registration Night: Thursday, September 3, 2009
7pm. @ Clavet Community Hall

Clavet Community Arena

"AN EXCELLENT ATMOSPHERE AND OPPORTUNITY TO ADVANCE
YOUR SKILLS"



REGISTER EARLY – as applications are processed on a first come first serve basis.

The FALL SCHOOL has a limited number of spaces

For more information call Karen @ 477-2780 (or email klwinmill@gmail.com)

FALL FIGURE SKATING SCHOOL

September 16 to October 17 2009
Tuesdays, Thursdays, Saturdays

FEE STRUCTURE - \$150.00 – This includes ice time and stroking instruction. Test fees will be announced at a later date. A \$30 Skate Canada Registration Fee is also required.

Tuesday		Thursday		Saturday	
4:00-4:30	Skating Skills	4:00-4:30	Skating Skills	8:00-8:30	Skills
4:30-4:45	Spins	4:30-4:45	Field Movements	8:30-8:45	Spins
4:45-5:15	Freeskate	4:45-5:15	Freeskate	8:45-9:15	Freeskate
5:15-5:30	Stroking	5:15-5:30	Stroking	9:15-9:30	Stroking
5:30-6:00	Dance	5:30-6:00	Dance	9:30-10:00	Dance

Group stroking sessions are conducted by Clavet Skating Club Coaches and are included in the registration fee. Any skater or coach not participating in the stroking session must leave the ice.

Schedule may vary subject to enrolment

Clavet Skating Club Coaches

Sarah Clarke

*Lesson Rate: \$6.00/\$8.50/\$15.50

NCCP Level 1 Certified, ISPC Technical. 3 years coaching experience.

Gold Dance, Gold Skills, Gold Interpretive, Introductory Couples Interpretive, Junior Competitive Freeskate

Lenka Seniglova

Lesson Rate: \$8.00

NCCP Level 1 Certified, NCCP Level 3 Theory, Working on ISPC.

Former European and World competitor representing the Czech Republic, 21 years of skating experience (both solo and synchronized skating).

Nicole Thomas

*Lesson Rate: \$7.50/\$10.00/\$18.00

NCCP Level 2 Certified, NCCP Level 3 Technical & Theory, CEP Gold Status. 9 years coaching experience. Off-ice instructor.

Gold Dance, Gold Skills, Gold Artistic, Senior Silver Freeskate.

- All out of town coaches that are registered with SkateCanada are welcome to come to the Clavet Fall Skating School 2009. Please inform the Clavet Skating Club President, Karen Winmill 477-2780 (or klwinmill@gmail.com).
- Skaters may arrange private lessons with their own club coach or may book lessons with the Clavet Club Coaches.

***Lesson Fees:**

Private Lesson – one student per coach, 15 minutes, first lesson rate listed.

Semi-Private – two students per coach, 15 minutes, second lesson rate listed.

Group Lesson – three or more students per coach, 30 minutes, third lesson rate listed.

FALL SCHOOL FEATURES

Video Camera

Jump Harness

CD Player

THURSDAY NIGHT EXHIBITION – October 15, 2009 - Open to everyone – this is a perfect opportunity to try out your program on clear ice.

TESTDAY – All levels of Dance, Skills, and Freeski tests may be tested at the discretion of the Fall School and dependent on need and availability of evaluators.

LOCKERS - A LIMITED number of lockers are available for rent - \$10 for fall season/ \$25 for full season

FALL CANSKATE SCHOOL

September 19 to October 17 2009

Saturdays

10:00 – 11:00 a.m.

FEE STRUCTURE - \$50.00. A \$30 Skate Canada Registration Fee is also required.

This is a great opportunity to get a head start on the CanSkate program for the coming season. Also a great opportunity for new skaters/hockey players to become familiar with the ice and begin to learn the basics including forwards, backwards, turning, stopping, jumping, and spinning.