

Caledon Centennial Skating Club 2011-2012 Program Descriptions

Fall Session:

Sunday Programs - September 25 to December 18 (Inglewood)
 Tuesday Programs - September 27 to December 13 (Inglewood)
 Thursday Programs - October 6 to December 22 (Caledon East)
 Friday Programs - September 30 to December 16 (Inglewood)

Winter Session:

Sunday Programs - January 8 to March 25 (Inglewood)
 Tuesday Programs - January 10 to March 27 (Inglewood)
 Thursday Programs - January 12 to March 29 (Caledon East)
 Friday Programs - January 13 to March 30 (Inglewood)

NO SKATING DAYS

Sunday, October 9 (Thanksgiving)

Sunday, March 11 to Friday, March 16 inclusive (March Break)

	Session Description	Dates & Times	Program	1 Day	2 Day	3 Day	4 Day	5 Day
Kinderskate	<ul style="list-style-type: none"> Skaters must be 3 years old by December 31, 2011 CSA approved hockey helmets mandatory (no bicycle helmets) Gloves or mittens are required, snow pants or splash pants recommended 30 min. group lesson 	Friday (Inglewood) 6:10 – 6:40	Fall	250	425	--	--	--
		Sunday (Inglewood) 4:00 – 4:30	Winter	250	425	--	--	--
			Full	385	655	--	--	--
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 	Thursday (Caledon East) 5:50 – 6:40	Fall	275	470	620	--	--
		Friday (Inglewood) 6:10 – 7:00	Winter	275	470	620	--	--
		Sunday (Inglewood) 4:00 – 4:50	Full	420	715	945	--	--
StarSkate 1	<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) 6:10 – 7:20	Fall	275	470	620	770	895
		Sunday (Inglewood) 4:50 – 5:50	Winter	275	470	620	770	895
			Full	420	715	945	1175	1365
StarSkate 2	<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, 15 minute group lesson, independent practice time 	Tuesday (Inglewood) 6:50 – 8:00	Fall	275	470	620	770	895
		Sunday (Inglewood) 6:45 – 8:00	Winter	275	470	620	770	895
			Full	420	715	945	1175	1365
Creative Expression	<ul style="list-style-type: none"> Open to skaters who have passed at least one Preliminary Dance. 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. 	Sunday (Inglewood) 6:00 – 6:45	Fall	275	--	--	--	--
			Winter	275	--	--	--	--
			Full	420	--	--	--	--
Open Ice	<ul style="list-style-type: none"> Open to Skaters who have passed at least one Preliminary Dance. Recommended as additional practice time to regular skating program. 	Thursday (Caledon East) 6:50 – 8:00	Fall	275	--	--	--	--
		Friday (Inglewood) 7:00 – 8:00	Winter	275	--	--	--	--
			Full	420	--	--	--	--
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 	Sunday (Inglewood) 6:45 – 8:00	Fall	275	--	--	--	--
			Winter	275	--	--	--	--
			Full	420	--	--	--	--
Jr. Power	<ul style="list-style-type: none"> Skaters must have passed CanSkate Stage 4 Program is designed to improve skating skills for hockey players and recreational skaters Full hockey equipment must be worn Focus on increasing speed in forward & backward skating, efficient stops, pivots, turns & transitions Not a learn to skate program or a hockey school 	Thursday (Caledon East) 5:00 – 5:50	Fall	275	--	--	--	--
			Winter	275	--	--	--	--
			Full	420	--	--	--	--
Sr. Power	<ul style="list-style-type: none"> Skaters must have passed CanPower Level 1 test Program is designed to improve skating skills for hockey players and recreational skaters Full hockey equipment must be worn Focus on increasing speed in forward & backward skating, efficient stops, pivots, turns & transitions Not a learn to skate program or a hockey school 	Thursday (Caledon East) 5:00 – 5:50	Fall	275	--	--	--	--
			Winter	275	--	--	--	--
			Full	420	--	--	--	--