

Peninsula Figure Skating Club Ice Schedule



PENINSULA Figure Skating Club 2009 - 2010



General Registration Skate and Dress Sale

Thursday September 10th, 2009 5:30 - 7:00 PM
Panorama Lesiure Centre, Concourse A

All items for sale brought to Deanna (652-6760) by Sept. 8th

Skating Sessions

Canskate: October 4th, 2009 - December 8th, 2009
Second registration; October 4th from 9:30 - 10:45 AM
January 3rd, 2010 - March 14th, 2010

Junior to Senior: September 13th, 2009 - December 11th, 2009
January 3rd, 2010 - March 14th, 2010

We offer programs to suit all ages, from beginner to advanced levels!
Children, adults and hockey players included!

ON REGISTRATION DAY, PLEASE BRING: Your Skate Canada Number (if this is not your first year), an emergency contact and phone number, BC Care Card, and your doctor's name and phone number.

For more information, please call:

Laurie	250-479-4817
Ali	250-382-4767
Lorraine	250-656-5354



Monday	3:30 - 4:15 PM	Open Freeskate (Junior preferred)
	4:15 - 4:45 PM	Dance
	4:45 - 5:30 PM	Open Freeskate (Int. & Sr. preferred)
Tuesday	3:00 - 3:45 PM	Open Freeskate
	3:45 - 4:30 PM	Canskate
Wednesday	6:00 - 6:30 AM	Skills
	6:20 - 7:20 AM	Open Freeskate
Thursday	3:30 - 3:40 PM	Stroking
	3:40 - 4:25 PM	Junior Freeskate
	4:25 - 4:55 PM	Junior Dance
	Flood	
	5:05 - 6:05 PM	Intermediate/Senior Freeskate
	6:05 - 6:50 PM	Intermediate/Senior Dance
Friday	6:00 - 6:30 AM	Skills
	6:30 - 7:30 AM	Open Freeskate
Sunday	7:45 - 8:30 AM	Junior and Adult Freeskate
	8:30 - 8:45 AM	Skills - all levels
	8:45 - 9:15 AM	Junior Dance
	9:15 - 10:00 AM	Intermediate/Senior Dance
	Flood	
	10:10 - 10:55 AM	Intermediate/Senior Freeskate
	10:55 - 11:40 AM	Canskate



**Skate / Patinage
Canada**
www.skatecanada.ca

2009 - 2010 Executive

President	Ali Pimlott
Vice President	Tina Henderson
Treasurer	Ruth Mellor
Secretary	Deanna Hamilton
Registrar	Laurie Marrs
Test/Competition Chair	Cindy Bates
Directors	Teresa Hammond Rochelle Anderson Trina Hilder

Coaches

Director of Skating **Lorraine Hyne** **250-656-5354**

Over 40 years of coaching experience in all disciplines.

Rates: 15 minute lesson, private - \$ 16.00, semi-private - \$ 9.00

Club Coach **Kristel Collins** **250-818-2413**

Holds gold medals in freeskating, skills, dance, and interpretive skating.

Rates: 15 minute lesson, private - \$ 9.00, semi-private - \$ 6.00

Club Coach **Patrick O'Brien** **250-384-9639**

Over 30 years coaching experience in all disciplines.

Rates: 15 minute lesson, private - \$ 15.00, semi-private - \$ 8.00

Our coaches are Skate Canada qualified professionals. Private lessons are available at all levels in all disciplines. Lesson costs are in addition to ice fees. For more information, please feel free to call the coaches.



Club Calendar of Events for 2009 - 2010

2009	September 10 th	PFSC Registration <i>and</i> Skate & Dress Sale, 5:30 - 7:00 PM
	September 13 th	Saanich Skate & Dress Sale at Pearkes, 10:00 AM - 1:00 PM
	September 13 th	Junior, Intermediate, Senior and Entry Level skating begins
	October 4 th	Canskate begins
	December 11 th	Last regular skating session before Christmas
	December 13 th	Showcase 2009
2010	January 3 rd	All sessions resume
	February 7 th	No skating due to tests
	March 14 th	Last Canskate session
	March 14 th	Last day of the season



Test and Competition Calendar

2009	September	RDT Seminar -
	September	Qualifying tests - RCV
	October 9 th - 11 th	Saskate - Regina, Saskatchewan
	October 23 rd - 25 th	Vancouver Island Regional Championships - Nanaimo
	November 11 th - 15 th	BC/Yukon Sectional Championship - Richmond
	November 21 st	Grass Roots - FTP - Mill Bay
	November	Tests - TBA
2010	January 29 th - 31 st	Lynn Hetherington Memorial - Chemainus
	February 7 th	Tests - Peninsula
	February 12 th - 28 th	Olympic Games - Vancouver
	March 4 th - 7 th	BC Winter Games - Kitimat
	March 5 th - 7 th	Barbara Rassmussen - Courtenay
	March 11 th - 14 th	Pacific Starskate - Kamloops
	March 15 th	Tests - Saanich
	March 19 th - 21 st	BC Coast Spring Fling - Aldergrove
	April	RDT - RST Camp - Kelowna
	April 16 th - 18 th	VISI - Victoria



Equipment

Skaters must have their own equipment in order to participate in our programs. Proper support and blade alignment is essential for acquiring skating skills. Skates must fit like a shoe and have good support around the ankle.

Do not buy skates too big!

This causes wobbly ankles, tripping over picks and breaks down the boot support. When toes touch the end of an unlaced skate you should have only a finger width of room down the back of the heel.

Helmets and gloves are strongly advised for beginners!

Correct skate sharpening is essential. Please speak to one of our professional coaches or executive members for recommendations.

Do not leave guards on - the blades will rust!

Clothing



Canskate: Clothes should be comfortable and warm, without too much bulk. NO jeans or tight pants that do not stretch!

Junior, Intermediate & Senior: Skaters should have appropriate skating skirts, dresses, leggings, stretch pants, etc. NO jeans or tight pants!



New Peninsula Members

Our program is recognized by all Skate Canada clubs. If you were to relocate elsewhere in Canada, other Skate Canada clubs would know what skills you or your child had acquired by which level they had obtained.

Adults are encouraged to participate in any of the sessions as our programs are geared for every level of skater and for all age groups (the participation of children under 5 is at the discretion of the coaches).



\$\$\$ Fundraising \$\$\$

Peninsula Figure Skating Club depends on fundraising in order to keep our registration fees down, cover the ice fees and support the club activities.

Donation \$ 60.00 When you register, each family will pay \$ 60.00 for chocolates or a \$ 60.00 fundraising fee. Once the chocolates are sold, you keep the money. At registration, you will sign up to participate in two additional fundraising activities during the skating season.

Co-op Certificates This is an ongoing fundraiser for the club. There is no additional cash outlay. You purchase the certificates from the club and get dollar-for-dollar value at Co-op, Co-op Gas, and Save-On Gas Kardlock. The club retains a portion of the cost of the certificate.

Thrifty Foods Smile Cards This is another ongoing fundraiser for the club. You can obtain a Thrifty Foods Smile Card from the club. At the store, you can load this card with money (you choose the amount) before totalling your items. Then use the card to pay for your purchases. You can reload the card as needed. Good from September to March.

Tru Value (Brentwood) We are listed on the Spirit Board. Every time you shop at Tru Value, ask for your \$ to be put towards Peninsula Figure Skating Club. We receive 1 % of all purchases.

PFSC Online

The Peninsula Figure Skating Club is on the internet!

E-mail: peninsulafsc@hotmail.com

Web Site: pfsc.homestead.com

Canskate

We teach you how to skate, whether you are a child or an adult. If you are a hockey player, we sharpen your skills. Come and give us a try, you will be happy with the results! Helmets are advised and skaters must have their own skates.

Sunday	10:55 - 11:40 AM	\$ 175.00
Tuesday	3:45 - 4:30 PM	\$ 175.00
Both days		\$ 315.00

Remember—skating twice a week will improve the skater twice as fast!

Entry Level Juniors

This is an introduction to our junior session but in a group format. Skaters will learn introductory levels of freeskate, dance and skills. On Thursday, our professional coach will teach 15 minutes of freeskate and dance, and 10 minutes of stroking. On Sunday, 15 minutes of freeskate and skills will be taught. From here, the skater progresses to the Junior session and private lessons. A minimum of 4 skaters is necessary to run this program.

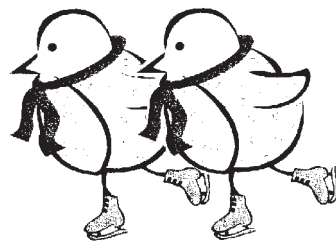
Ice Time Only

Thursday	3:30 - 4:40 PM	\$ 240.00
Sunday	8:00 - 9:00 AM	\$ 220.00
Both days		\$ 400.00

Coaching Only

	One day Sunday	One day Thursday	Two days
Sept. 13 th to Dec 10 th , 2009	\$ 103.00	\$ 109.00	\$ 212.00
Jan. 3 rd to Mar. 14 th , 2010	\$ 80.00	\$ 86.00	\$ 166.00

All coaching fees are paid at registration with ice fees. A post dated cheque for Jan. 3rd, 2010 is accepted.



Peninsula Skating Programs

2009 - 2010

Junior Freeskate

This level is designed for skaters who take private or semi-private lessons. Lessons must be pre-booked with one of our professional coaches—please phone a coach for information. Fees listed below are for ice time only.

Sunday	7:45 - 8:30 AM	\$ 170.00
Monday	3:30 - 4:15 PM	\$ 170.00
Tuesday	3:00 - 3:45 PM	\$ 170.00
Wednesday	6:20 - 7:20 AM	\$ 165.00
Thursday	3:30 - 3:40 PM (stroking) 3:40 - 4:25 PM	\$ 195.00
Friday	6:30 - 7:30 AM	\$ 165.00
Any 3 or 4 days	each skater	10 % discount
Any 5 or 6 days	each skater	20 % discount

Junior Dance

Preliminary to Senior Bronze, ice time only

Sunday	8:45 - 9:15 AM	\$ 115.00
Monday	4:15 - 4:45 PM	\$ 115.00
Thursday	4:25 - 4:55 PM	\$ 115.00
Any two days		\$ 205.00
All three days		\$ 275.00

Skills

All levels, ice time only

Sunday	8:30 - 8:45 AM	\$ 58.00
Wednesday	6:00 - 6:30 AM	\$ 105.00
Friday	6:00 - 6:30 AM	\$ 105.00
Any two days	each skater	10 % discount
All three days	each skater	\$ 215.00

Intermediate and Senior Freeskate

Skaters must have passed their preliminary freeskate test. Most skaters are at Junior Bronze and higher levels. Private or semi-private lessons are to be arranged with one of our professional coaches. Fees listed below are for ice time only.

Sunday	10:10 - 10:55 AM	\$ 170.00
Monday	4:45 - 5:30 PM	\$ 170.00
Tuesday	3:00 - 3:45 PM	\$ 170.00
Wednesday	6:20 - 7:20 AM	\$ 165.00
Thursday	5:05 - 6:05 PM	\$ 190.00
Friday	6:30 - 7:30 AM	\$ 165.00
Any 3 or 4 days	each skater	10 % discount
Any 5 or 6 days	each skater	20 % discount

Intermediate and Senior Dance

These sessions are for dancers in the Junior Silver and higher Dance levels. Fees listed below are for ice time only.

Sunday	9:15 - 10:00 AM	\$ 170.00
Thursday	6:05 - 6:50 PM	\$ 170.00
Both days		\$ 305.00

Drop-In Fees

\$ 15.00 for 60 minutes	\$ 12.00 for 45 minutes
\$ 13.00 for 50 minutes	\$ 7.50 for 30 minutes

About the Ice Fees

Please note that all prices *exclude* the \$ 35.00 fee (Skate Canada and BC/Yukon fees, insurance and administration fee) and fundraising.

Cancellation Policy

If a skater drops out of a program, an administration fee of \$ 35.00 will be taken off the ice fees returned. The Skate Canada and BC/Yukon fees, insurance and administration fee (\$35.00) cannot be returned.

All sessions listed are subject to change depending on enrolment.