

## ICE BREAKERS -Helmets Mandatory – Wrist Guards Highly Recommended

Tuesdays is an open skate session for intermediate to advanced level skaters.

**Tuesday 1:30 - 2:30 P.M.**                      **Centennial Arena**  
Oct 13 – March 9                                      **\$360**

All sessions will be instructed by a certified Skate Canada Professional in a group lesson format. Skaters may book private lessons with professional coaches.

**Friday 10:00 – 10:50 A.M.**  
Oct. 23\*– March 13                                      **\$360**  
**\*Oct. 23 session only from 9:30 – 10:20 a.m.**

**METRO MASTERS & ICE BLAZERS (max 18 on-ice)** (Note: Ice Blazers must apply and be selected by selection committee to skate this session. You will be notified prior to the start of the session if you have been accepted or not). This session is for the intermediate and advanced skater.

**Thursday 8:00 – 8:50 P.M.**  
Oct. 22 – March 25                                      **\$360.00**

**Skaters may book private lessons with professional coaches. Professionals will be available on a rotational basis.**

### SESSION SCHEDULE

8:00-8:15 Skills and Footwork  
8:15-8:30 Dance  
8:30-8:50 FS (can do field moves, spins, jumps and stroking)

**Friday 10:00 – 10:55 A.M. (session breakdown will depend on the numbers and levels of skaters).**

Oct. 23\*– March 26                                      **\$360.00**  
**\*Oct. 23 session only from 9:30 – 10:20 a.m.**

If you want information on private lessons, please contact our Recreational Administrator, Tammy Burton, at 455-4470, or Bedford\_rec\_ad@yahoo.ca

**Consider your application confirmed unless you hear from a member of the club.**

**\*Third person in a family in a recreation program is half the lowest price.**

## Session Dates

Centennial Tuesday 1:30 – 2:30 pm		Bedford Thursday 8:00 – 8:50 pm		Bedford Friday 10:00 – 10:50 am	
2009	2010	2009	2010	2009	2010
10/13	1/05	10/22	1/07	10/23**	1/08
10/20	1/12	10/29	1/14	10/30	1/15
10/27	1/19	11/05	1/21	11/06	1/22
11/03	1/26	11/12	1/28	11/13	1/29
11/10	2/02	11/19	2/04	11/20	2/05
11/17	2/09	11/26	2/11	11/27	2/12
11/24	2/16	12/03	2/18	12/04	2/19
12/01	2/23	12/10	2/25	12/11	2/26
12/08	3/02	12/17	3/04	12/18	3/05
12/15	3/09		3/11		3/12
			3/25		3/26
				**time change 9:30 - 10:20 am	

## PROFESSIONAL COACHES

- New coaches must apply and receive approval from the Bedford Skating Club prior to the start of skating sessions. No coaches will be permitted on the ice without approval.
- Coaches must provide proof of Skate Canada registration.
- Coaches please e-mail info to [lmathers@ns.sympatico.ca](mailto:lmathers@ns.sympatico.ca)

**Skate Sharpening:** Skates should be sharpened before classes begin. **DO NOT** remove front picks. Local figure skate sharpeners:  
Francis Mury 864-7390; Denyse Neville 462-7191

**Helmets:** Helmets are **mandatory** for **all** Stage 1-3 inclusive and are mandatory for Ice Breakers. **No bike helmets!** Wrist guards are highly recommended for adult skaters.

**Bulletin Board:** Please check the board regularly for important notices of Club events. Monthly newsletters will be distributed during the season.

**Health Issues:** If you have any health concerns please contact the Recreational Administrator, Tammy Burton, at 455-4470, or Bedford\_rec\_ad@yahoo.ca

All session will be held unless the arena closes due to inclement weather.

**CANCELLATION: Cancellations will be announced on C100, CFDR, CJCH and Q104.**

**Skaters will not be registered until full payment is received. Please ensure that you have the correct amount, date and your signature on cheques.**

All prices include Registration /Insurance Fee, and Fundraising Tickets. All skating programs offered by the Bedford Skating Club are sanctioned by Skate Canada. All skaters are required to be registered and insured annually with the association. The membership year runs from Sept 1- Aug 31. Location of Bedford Arena is 36 Holland Avenue, Bedford, NS.

**NOTE:** The Club will not be responsible for personal injury or loss of property. A \$25.00 fee will be charged on all NSF cheques. Program fees will be refunded on a prorated basis (less 20% administrative fee) and **only** with a medical certificate. All requests for refunds **must** be made in writing to the Program Manager, Louise Loriaux-Mathers, and refunds will be prorated upon receipt of written notice.

Withdrawals from programs made less than 7 days prior to the program start date will be subject to a \$50 administration charge.

The Skate Canada annual membership fee is non-refundable once you have submitted your application form.

**Registration in person**

Sunday, Sept 13, 6:30 - 8:00 PM  
Lebrun Centre Lions' Den  
Bedford, NS

**REGISTRATION IS ON A FIRST COME FIRST SERVE BASIS**



[www.bedfordskatingclub.com](http://www.bedfordskatingclub.com)

**Winter Adult Programs  
Oct. 13, 2009 to March 26, 2010**

**Tuesday Program: Centennial Arena**

**All other programs: Bedford Arena**

Sanctioned by Skate Canada