

Program Manager: Louise Mathers 479-0439
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Recreational Administrator: Tammy Burton 455-4470
Bedford_rec_ad@yahoo.ca

CANSKATE PROGRAMS

This session is a learn-to-skate program.

- ◆ Skaters must be 4 years of age to register.
- ◆ Helmets are required for stage 1-3 inclusive and all skaters under the age of 7.
- ◆ 2-day packages may be offered depending on availability. Please call Tammy for pricing.

Tuesdays 5:20 - 6:05 PM (Stages 1-5) \$295

6:05 - 6:50 PM (Stages 1-5) \$295

Oct. 20 - March 23

Thursdays 5:30 - 6:15 PM (Stages 1-5) \$295

Oct. 22 - March 25

Starskate Ice Stars

This session teaches the basics of figure skating in a group lesson format. A certified Skate Canada Professional coach guides all instruction.

Tuesdays 4:10 - 5:10 pm Oct. 20 -- March 23 **\$425**

Thursdays 4:30 - 5:30 pm Oct. 22 - March 25 **\$425**

Two-day package **\$625**

Skaters must have passed Stage 5 CanSkate to register for session.

Skaters will not be registered until full payment is received. Please ensure that you have the correct amount, date and your signature on cheques. Please consider your application accepted unless you hear from a member of the Club. 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.

Badges - When badge level skills are completed, badges will be given out by the session chairperson at the end of the class or on the following session. Replacement for lost badges will cost \$1.00 per badge.

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** for **all** children under the age of 7, regardless of skating level. They are also 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

Note: Third person in a family in a recreation program is half the lowest price.

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

Registration in person

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

Tuesday CanSkate Schedule

| Date | Activity | Date | Activity |
|------------|-----------------------------------------|------|---------------------------------------------------------|
| 10/20 | Intro week – equipment check & grouping | 1/05 | Blues Day – Wear your blue jeans |
| 10/27 | Halloween Dress up | 1/12 | Regular Classes |
| 11/03 | Regular Classes | 1/19 | Regular Classes |
| 11/10 | Regular Classes | 1/26 | Regular Classes |
| 11/17 | Regular Classes | 2/02 | Regular Classes |
| 11/24 | Clash day! Wear wild colours! | 2/09 | Valentine's Week –wear red- special appearances |
| 12/01 | Regular Classes | 2/16 | Regular classes |
| 12/08 | Regular Classes | 2/23 | Spring Fever day –wear your beach clothes |
| 12/15 | Santa Skate – Bring your family! | 3/02 | Regular Classes |
| 12/22 & 29 | NO SKATING HAPPY HOLIDAYS! | 3/09 | Regular Classes – Report Cards |
| | | 3/23 | Performance Day – skaters perform skills with in groups |

Thursday CanSkate Schedule

| Date | Activity | Date | Activity |
|-------|-----------------------------------------|-------|--------------------------------------------------|
| 10/22 | Intro week – equipment check & grouping | 1/ 07 | Regular Classes |
| 10/29 | Halloween Dress up | 1/ 14 | Blues Day – Wear your blue jeans |
| 11/05 | Regular Classes | 1/ 21 | Regular Classes |
| 11/12 | Regular Classes | 1/ 28 | Regular Classes |
| 11/19 | Clash day! Wear wild colours! | 2/ 04 | PJ Day – wear your PJ's! |
| 11/26 | Regular Classes | 2/ 11 | Valentine's Week wear red special appearances |
| 12/03 | Regular Classes | 2/ 18 | Regular Classes |
| 12/10 | Regular Classes | 2/ 25 | Regular Classes |
| 12/17 | Santa Skate – Bring your family! | 3/ 04 | Regular classes |
| 12/24 | NO SKATING | 3/ 11 | Regular Class/Report Cards |
| 1/01 | HAPPY HOLIDAYS! | 3/26 | Performance Day skaters perform skills in groups |



www.bedfordskatingclub.com

Winter CanSkate & StarSkate Ice Stars

Oct. 20, 2009 – March 23, 2010

Bedford Arena