

## STARSKATE JUNIOR SESSIONS

This session is an introduction to test and competitive figure skating and is for skaters who are working on pre-preliminary and preliminary freeskate tests. To register for this session skaters must have completed all CanSkate badges or, have the recommendation of the BSC Program Manager. Private lessons are mandatory.

**Tuesdays 4:10 – 5:10 PM** (This is an ice star (IS)/ junior/intermediate session) **Oct 20-March 23** **Fee: \$220**

4:10 – 4:25	Skills	X-over with IS/INT
4:25 – 4:40	Dance	X-over with IS/INT
4:40 – 5:10	Freestyle	X-over with IS

**Thursdays 4:30 - 5:30 PM** (This is an ice star/ junior/intermediate session.)

**October 22 – March 25** **Fee: \$220**

4:30 – 4:40	Spins	X-over with IS/INT
4:40 – 5:00	Skills/Dance	X-over with IS/INT
5:00 – 5:30	Freestyle	X-over with IS

Two-day package **Fee: \$440**

(A \$65 fee (SC \$35, fundraising \$30) will be added to program fee for BSC members.)

## STARSKATE INTERMEDIATE SESSIONS

**Must have passed preliminary free skate.**

**Tuesdays 3:30 – 4:40 PM** **Oct 20-March 23** **\$350**

3:30 – 4:10	Freestyle	X-over with Seniors
4:10 – 4:25	Skills	X-over with Ice Stars/Jr.
4:25 – 4:40	Dance	X-over with Ice Stars/Jr.
4:50 – 5:40	Off Ice Fitness Program	Mandatory

Fitness Program conducted by Certified Fitness Instructor

**Thursdays, 4:00 – 5:00 PM** **Oct 22-March 25** **\$250**

4:00 – 4:30	Freestyle	
4:30 – 4:40	Spins	X-over with Ice Stars/Jr.
4:40 – 5:00	Skills/Dance	X-over with Ice Stars/Jr.

Two-day package **\$600**

(A \$65 fee (SC \$35, fundraising \$30) will be added to program fee for BSC members.)

## STARSKATE SENIOR SESSIONS

Must have passed full Sr. Bronze FreeStyle test.

**Tuesdays 3:30 – 4:40 PM** **Oct 20-March 23** **\$325**

3:30 – 4:10	Freestyle	X-over with Intermediates
4:20 – 5:10	Off Ice Fitness Program	Mandatory

Fitness Program conducted by Certified Fitness Instructor

**Thursdays 6:25-7:50** **Oct 22-March 25** **\$350**

6:25 – 6:35	Spins
6:35 – 7:25	Freestyle
7:25 – 7:50	Skills/Dance

A \$65 fee (SC \$35, fundraising \$30) will be added to program fee for BSC members.

### Dates Skated for All Tuesdays and Thursdays

Tuesdays		Thursdays	
2009	2010	2009	2010
10/20	1/05	10/22	1/07
10/27	1/12	10/29	1/14
11/03	1/19	11/05	1/21
11/10	1/26	11/12	1/28
11/17	2/02	11/19	2/04
11/24	2/09	11/26	2/11
12/01	2/16	12/03	2/18
12/08	2/23	12/10	2/25
12/15	3/02	12/17	3/04
	3/09		3/11
	3/23		3/26

## 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)

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

**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



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

**Winter Junior, Intermediate & Senior Sessions**

**Oct. 20, 2009 – March 26, 2010**

Sanctioned by SkateCanada