

Program Information Sheet (1 of 3)

FREDERICTON AMATEUR SPEED SKATING CLUB

2011 – 2012 REGISTRATION INFORMATION

Season: October 2011 to March 2012.

Registration: Saturday Sept. 17th 10 AM – 12PM & Wednesday Sept. 21st 6:30 – 8:30 PM

Location: Lady Beaverbrook Rink, in the upstairs canteen.

Programs Offered:

Learn to Skate:

This program teaches skating skills to children approximately 4 - 8 years of age. If a child is unable to stand up and skate a few steps alone, a parent or guardian wearing a helmet and skates may accompany the child on the ice until he/she is independent; at this point we encourage parents to leave the ice surface and watch their child from the stands; however, if you would like to assist with coaching, please speak to the coordinator—we encourage new coaches.

- Practices are at the Lady Beaverbrook Rink on University Avenue.
- Instruction is on Friday from 5:15PM - 6:00PM (5:00 – 5:15 is an optional supervised free skate for registrants).
- Starts in October and ends March 2012.
- Fee is \$205.

NOTE: The City of Fredericton sometimes cancels our ice time in order to accommodate special events such as university and high school hockey games, or Old-Timers hockey tournaments. You will receive a cancellation list of those events that we are aware of, and will be contacted with any other cancellations during the season and any replacement times.

Power Skating:

This is a NEW program designed for more advanced Hockey, and Ringette skaters. Skaters should be good at both forwards/backwards skating and able to change directions easily and be agile on the ice. This program provides an excellent opportunity for hockey and ringette players & even speed skaters to improve their technique, power, speed, and agility.

- Practices are at the Lady Beaverbrook Rink on University Avenue.
- Instruction is on Friday from 6:00PM – 7:00 PM and/or Saturday from 2:45 PM – 3:45 PM.
- Starts in October and ends March, 2012.
- Fee is \$300 for a full year or \$120 for a ten session card.

NOTE: Practice/ice time is sometimes cancelled to accommodate special events such as tournaments, university or high school hockey. You will receive a cancellation list of those events and will be contacted if there are any other cancellations during the season.

Recreational Master Skater

This is a NEW program designed for adult skaters who want to learn how to speed skate. It is a 10 session program spanning from October 17th to December 19th.

- Practices are at the Lady Beaverbrook Rink on University Avenue
- This group skates Monday 6:30 AM – 7:45 AM
- Fee is \$115

Learn to Speed Skate (Group C):

This program teaches basic speed skating to children approximately 6 - 12 years of age.

- Practices are at the Lady Beaverbrook Rink on University Avenue.
- This group skates twice a week:
 - Tuesday 5:30 PM – 6:30 PM and Thursday 5:45 PM – 6:45 PM
 - **or** Tuesday 5:30 PM – 6:30 PM and Saturday 4:45 PM – 5:45 PM
 - **or** Thursday 5:45 PM -6:45 PM and Saturday 4:45 PM – 5:45 PM
- Starts in October and ends March 2012.
- Fee is \$315.

Competitive Group B:

- Practices are at the Lady Beaverbrook Rink on University Avenue.
- This group skates two times per week:
 - Tuesdays 6:30 PM – 7:45 PM
 - Thursdays 7:00 PM – 8:15 PM
 - Saturday 3:45 PM – 4:45 PM.
- Starts in October and ends March 2012.
- Fee is \$395.

Competitive Group A:

- This group skates five times per week:
 - Mondays 7:45 PM – 8:45 PM (LBR)
 - Tuesdays 6:30 AM – 7:30 AM (Willie O'Ree Place)
 - Wednesdays 7:30 PM – 8:45 PM (LBR)
 - Fridays 6:30 AM – 7:30 AM (Willie O'Ree Place)
 - Sundays 7:00 AM – 9:00 AM (LBR)
- Starts in October and ends March 2012.
- Fee is \$725.00.

Masters Speed Skaters:

Any competitive master skater can skate two times per week with the Group A skaters.

- Practices are at the Lady Beaverbrook Rink on University Avenue.
- Skaters may choose two of
 - Sundays 7:00 AM – 9:00 AM (LBR)
 - Mondays 6:30 AM – 7:45 AM(LBR)
 - Mondays 7:45 PM – 8:45 PM(LBR)
- Starts in October and ends March 2011.
- Fee for two times a week is \$300.

Recreational Speed Skaters:

Any past speed skaters (teenagers and older) skates once a week.

- Practice is at the Lady Beaverbrook Rink on University Avenue.
- This group skates:
 - Mondays 6:30 AM – 7:45 AM(LBR)
 - **or** Mondays 7:45 PM – 8:45 PM (LBR)
- Starts in October and ends March 2012.
- Fee is \$220.

www.frederictonspeedskate.com