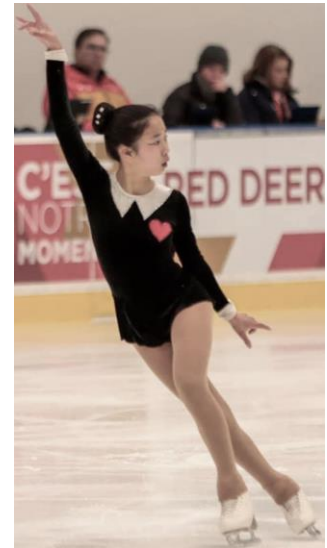


Dartmouth Skating Club Summer Training 2019

Centennial Arena Halifax

July 1st – August 16th
Monday – Friday
7 Weeks



**Sessions are held at:
Centennial Arena in Halifax**

Off-ice Sessions include – Yoga , Skipping with Skip NS, Dance with Coastal Dance, Atlantic Cirque, Endurance and Conditioning, Nutrition with Angela Dufour, Mental Training with Rebekah Dixon, competition hair ready with Actress Gillian Anderson.

Wednesday - theme day (Crazy Hair, Neon Day, Twin day)



Summer Fees 2019

	Weeks 1-6 Fee Per Week	Week 7
GROUP A	\$260.00	\$230
GROUP B	\$230	\$150
GROUP C	\$180	\$150

Summer Administrative Coach Kyla McNeil Upton



The registration deadline is **June 1st**. **DSC Skaters have priority until May 15th**. Late applications will be subject to a **\$25 fee**. An email address must be included on the registration form as confirmation and all other communication will be provided by email. Confirmation will not be provided without a valid email address. **Fees must be paid in full prior to the skater stepping on the ice.**

All past due fees must be paid in full prior to registration being accepted.

The Dartmouth Skating Club reserves the right to add, delete or modify sessions depending on registration and is not responsible for skaters not picked up within 15 minutes of the end of their session. All skaters are required to be members of Skate Canada and pay a Skate Canada fee of \$36 per skater per year in addition to program fees. This fee is non-refundable. This membership is valid from September of 2018 until August of 2019. If you're not a current member, then add \$36 to the fees noted on the brochure.

Mail Applications to:
Kyla Upton / DSC
11 Bligh St,
Dartmouth NS
B3A 1K8

Summer Skating Camp 2019

Skater's Name _____ Gender _____

Parent/Guardian's Name _____

Mailing Address _____

City _____

Province _____ Postal Code _____

Email Address _____

Telephone # (H) _____ (W) _____ Emergency _____

Birth date: Day _____ Mo _____ Yr. _____

Home Club _____

Coach _____ Phone # _____

Allergies _____

Health Card Number _____

Highest complete CanSkate Badge _____

Circle Week/Weeks: 1 2 3 4 5 6 7

Payment by Cheque/Cash/Money Order or EMT

EMT- dartmouthskatingclubdsc@gmail.com Password- Summer2019

Payment #1 Due June 14th

Payment #2 (If buying 3 or more weeks) Due July 5th

Payment #3 (If buying 5 or more weeks) Due August 1st.

Provide the total cost for Week/Weeks buying: _____

Group A - Skaters with 1/2 Sr. Bronze FreeSkate and Up - Weeks 1-6	
Monday /Tuesday	
9:10-10:20	On Ice
10:30-11:30	Off-Ice
11:40-12:10	On Ice
12:10-12:25	Spins
12:25-1:00	Lunch
1:00-1:55	Freeskate
Wednesday/Thursday/Friday	
9:10-10:20	On Ice
10:20-10:40	Break /Change
10:40-11:30	Off-Ice
11:30-11:50	Break /Change
11:50-12:55	Freeskate
Week 7	
9:00-9:50	Off-Ice
10:10-11:30	On -Ice
11:30-12:00	Lunch
12:00-12:55	On-Ice

Group B - Skaters who have passed Completed Star 3 FreeSkate	
Monday/Tuesday	
8:05-8:20	On Ice/ Stroking
8:20-9:00	On Ice /FreeSkate
9:00-9:30	Break / Change
9:30-10:20	Off-Ice
10:20-10:30	Break/Change
10:30-10:50	On-Ice – Skills/Dance
10:50-11:30	On-Ice / FreeSkate
11:30-12:10	Break / Lunch
12:10-12:25	On-Ice / Spins
12:25-12:50	On-Ice / FReeSkate
Wednesday/Thursday/Friday	
8:05-9:00	FreeSkate
9:00-9:30	Break /Change
9:30-10:20	Off-Ice
10:20-10:30	Change
10:30-10:50	Skills/Dance
10:50-11:40	FreeSkate
11:40-12:10	Lunch/Pick Up

Week 7	
9:00-10:00	On Ice
10:10-11:00	Off-Ice
11:00-11:30	Lunch
11:40-12:10	On Ice

Group C - Working on Star 1 and up	
Monday and Tuesday	
8:05-8:20	Stroking
8:20-9:00	FreeSkate
9:00-9:30	Break / Change
9:30-10:20	Off-Ice
10:20-10:30	Break/Change
10:30-11:30	On-Ice
11:30-12:10	Lunch / Pick Up time
Wednesday/Thursday/Friday	
8:05-9:00	FreeSkate
9:00-9:30	Break /Change
9:30-10:20	Off-Ice
10:20-10:30	Change
10:30-10:50	Skills/Dance
10:50-11:40	FreeSkate
11:40-12:10	Lunch/Pick Up time
Week 7	
9:00-10:00	On Ice
10:10-11:00	Off-Ice
11:00-11:30	Lunch
11:40-12:10	On Ice