



Fort Henry Heights Skating Club Registration 2019-2020



Dates

Thursday, August 15th 4:00 – 7:00 pm (Regular and Ordinary Members only), Kingston Military Community Sports Centre
Thursday, August 29th 4:00 – 7:00 pm (Regular and Ordinary Members only), Kingston Military Community Sports Centre
Sunday, September 8th 10:00 – 4:00 pm Family Fun Fest (Open Registration – Spaces Limited), Kingston Military Community Sport Centre

Programs

CanSkate/Pre-CanSkate

Skate Canada's premium "Learn to Skate" program. Endorsed by Hockey Canada. The six stages concentrate on Balance Control and Agility.

Pre-Star

After completing CanSkate stage 4, skaters are introduced to the basic figure skating skills including jumps, spins, turns and Dances while completing the CanSkate program.

Star 1-5

After completing CanSkate stage 6, figure skaters will concentrate on key skills such as turns, stroking, jumps, spins and synchronized skating, in addition to being introduced to performance, assessments and competitions.

StarSkate

Skills, Tests, Achievement and Recognition Program. Skaters will develop basic to advanced skating skills in four disciplines: Freestyle, Dance, Interpretive and Skating Skills.

Hockey CanSkate

After completing CanSkate stage 4 or Hockey Level Tyke/Novice, skaters will concentrate on turns, stops, edge control, endurance, power, speed and agility to enhance techniques specific to ice sports such as hockey and ringette.

CanPowerSkate

After completing CanSkate stage 6 or Hockey Level ATOM and up, skaters will improve upon techniques learned in CanPowerSkate. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes more speed and explosive power with increased agility and control.

For more information and Registration Forms please visit our website at <http://www.fhskating.com>