



CANSKATE / PRE-CANSKATE / PARENT ASSIST WINTER REGISTRATION 2024 A SESSION SATURDAY



CANSKATE/PRE CANSKATE -- Skate Canada's premium "Learn to Skate" program. (Age – must turn 4 by 31 December 23)
 We are proud to provide this program to your skater. The objectives of CanSkate are:

- To provide participants and families with a safe, welcoming and inclusive first experience in the sport of skating.
- To develop skating and motor skills through natural learning phases (introduction, acquisition, retention/mastery).
- To use skill progression and repetition throughout the six stages to introduce physical literacy and establish quality basic skating skills.
- To foster personal achievements and satisfaction through skill acquisition, rewards and recognition and to evoke a life-long interest in skating.

The six stages concentrate on **BALANCE, CONTROL and AGILITY**. Lessons consist of instruction up to twice per week, and are taught by Professional Coaches and qualified Program Assistants, all High Five Certified. Programs include: weekly incentives, theme days, Santa Skate and a great Annual Ice Show experience.

Skater's Name _____ **Date of Birth** _____ **M/F/X**

Surname First name Day/Month/Year

Address _____ **Postal Code** _____ **Phone** _____

Name Parent/ Guardian _____ **E Mail Address** _____

Skate Canada # _____ **Badge Level Passed** Pre-Can Stage 1 Stage 2 Stage 3 Stage 4 Stage 5 Stage 6

CANSKATE / PRE- CANSKATE / PARENT ASSIST
Season: 6 January – 23 March, 2024 (11 weeks)

A Session Saturday 9:50-10:45 am

Note: 55 minutes Session includes -10 minute off-ice Warm up followed by a 45 minute on ice session.

CANSKATE **PRE CANSKATE** **PARENT ASSIST**

FEE STRUCTURE WINTER 2024		+ HST		
A Session Saturday 9:50-10:45 am	Regular	Ordinary	Associate	
1 Day - Saturday	\$140.00	\$165.00	\$190.00	

Membership status:

Regular – Serving or Retired Military

Ordinary – DND Civilian Employees & RCMP

Associate – No Affiliation

1. In consideration of the benefits to me the undersigned skater and his/her parents, I hereby agree to hold and save harmless the Fort Henry Heights Skating Club (FHHSC) and all Officers, Directors, Executive members, Committee members, Coaches, Chaperones, Employees and Agents of the club from any claims for injuries, damage or loss of any kind whatsoever caused, and the aforesaid jointly and separately are all hereby accordingly released by the undersigned from any and all such claims. The undersigned also agrees to abide by all rules in effect of the FHHSC and Skate Canada. No refunds without a doctor's certificate or with approval from the FHHSC Executive.
2. **FUNDRAISING REQUIREMENT:** There will be no mandatory Fundraising requirement this year; however, we do ask that families participate in our Fundraising initiatives throughout the season. Your continued support of the skating club and its programs will assist in an overall successful skating season for all.
3. Regular Member Family Discounts are available for families with 3 or more registered skaters (must reside in same household) 10% discount on fees paid.

Signature of Parent or Guardian _____

Date _____

Program Fee + HST	_____
Skate Canada Membership	_____
Safe Sport & Insurance Fee	\$58.70
Total Fees Paid	_____

