

WELCOME TO ASC!!

“Where Aurora’s kids have learned to skate for over 50 years!”

The *Aurora Skating Club* is a fully sanctioned Skate Canada Club and operates as a not-for-profit, volunteer-based, community organization.

Our mandate is to encourage, promote and support the instruction, practice, enjoyment and advancement of its members in all aspects of skating; to create a positive atmosphere in which a sense of commitment, co-operation, responsibility and good sportsmanship is fostered; and be a responsible, participating member of the Aurora and partner skating communities.

OUR POWERSKATE PROGRAMS

The game of hockey is evolving and now, more than ever, it is a game of speed and skill. Skate Canada’s CanPowerSkate programs are designed to challenge and improve all aspects of skating skills for hockey players of all ages. We offer both Junior Power and CanPower programs.

VOLUNTEER COMMITMENT

In order for our skaters to enjoy a successful year and the family to enjoy the best possible price, we require that ALL parents of skaters be available to support and volunteer to assist in an area of their choosing, or as required by the Club’s specific needs.

COACHING STAFF

The *Aurora Skating Club* is home to a number of talented and experienced coaches of all levels. They are all fully accredited through the National Coaching Certification Program.

Karon Dalby has been coaching for over 25 years and has extensive experience with the development and instruction of high performance hockey skating skills for all ages and abilities. Karon is a CanPower certified coach and has been a skating coach with both the Ladies Marlies Hockey Club and has worked with various NHL players to assess and refine their skating skills.

Barry Goldman has been certified by the OMHA as a Level 2 Developmental and CHIP Hockey Coach. He has also been certified by the AMHA, and Skate Canada.



It is the responsibility of every skater and parent/guardian to be aware of, and abide by, the Policies, Rules and Codes of Conduct which are posted on the website and rink board. Copies are also available by contacting the office.



AURORA SKATING CLUB



JUNIOR POWER & CANPOWER SKATING SKILLS

FALL & WINTER PROGRAMS
2007-2008

In Person Registration

Leisure Complex, Upper Level
135 Industrial Parkway N.

Thu, Aug 30, 2007

Thu, Sep 06, 2007

6:00 – 9:00 pm

Please note:

All CanPower programs run out of the Aurora Community Centre, Ice Pad #2

Phone: 905-713-1442

auroraskatingclub@bellnet.ca

www.auroraskatingclub.com

What is Junior Power?

The Junior Power program is designed for young skaters, approximately four to six years of age who can stand up on skates and move forward (shuffle, walk or glide) who may not be ready for CanPowerSkate Level 1. Junior Power helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. The curriculum is presented in three progressive levels complete with its own awards to encourage participation and motivate skaters. Junior Power has been designed to run concurrently with CanSkate sessions. **For safety reasons, a CSA approved hockey helmet with face guard is mandatory. Full hockey gear is optional.**

What is CanPower?

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an alternative to figure skating and is an excellent compliment for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

CanPowerSkate is geared to skaters aged approximately six or older who already have basic forward and backward skating skills (they must be able to skate the length of the rink using alternate strides) and are able to stop on command without use of the boards. **For safety reasons, participants must wear full hockey/ringette equipment that is CSA approved.**

Program Availability

Fall Program Runs @ Ice Pad #2 Aurora Community Centre Off of Aurora Heights Drive

Start on Fri, Sep 21, 2007
End on Fri, Dec 14, 2007
(13 weeks)

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|----------|-----|---------------|----------|
| JrPower | Fri | 5:30 – 6:30 p | \$280.00 |
| CanPower | Fri | 6:30 – 7:30 p | \$305.00 |

Winter Program Runs @ Ice Pad #2 Aurora Community Centre Off of Aurora Heights Drive

Start on Fri, Jan 11, 2008
Ends on Fri, Apr 11, 2008
(10 weeks)

No skating: Feb 15, Mar 14, 21, 28

| | | | |
|----------|-----|---------------|----------|
| JrPower | Fri | 5:30 – 6:30 p | \$215.00 |
| CanPower | Fri | 6:30 – 7:30 p | \$235.00 |

IMPORTANT INFORMATION

- Health card numbers are required for all skaters registering for the 2007-2008 season.
- CSA helmets with face guards are mandatory for both programs. Full hockey gear optional for JuniorPower.
- A parent/guardian must be present throughout all classes.
- **PAYMENT METHODS:**
Cash or Cheque,

Discounts:

A 10% discount will be offered for the 3rd or subsequent sibling within a family when all skaters register and pay in full at the same time.

Refunds:

Refund requests for medical or other exceptional reasons must be made in writing and be supported by a doctor's note or other third-party correspondence. The Board reserves the right to deny refunds. A \$20.00 administrative charge will be applied to all approved refunds.

Cancellations:

Cancellation dates currently scheduled for the Fall & Winter programs are Feb 15, Mar 14, 21, 28. The Club will do our best to inform all skaters of any unscheduled and unforeseen changes that may arise, however, we cannot assume responsibility for those circumstances which are outside of our prior knowledge or ability to control.

