

ABOUT
THE
ASC



The *Aurora Skating Club* is a fully sanctioned Skate Canada Club. We have been operating as a not-for-profit, volunteer-based, community organization teaching skating in Aurora for 63 years!

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. To be a responsible, participating member of the Aurora Skating Club and partnering skating communities.

WINTER POWER 2015 - 2016
with Coach R nald Foisy



VY 09/16/16

ASC COACHING TEAM

The *Aurora Skating Club* is home to a number of talented, dedicated and experienced coaches of all levels. They are fully accredited through the National Coaching Certification Program (NCCP), and are members in good standing with Skate Canada. Several of our coaches have competed at both National and International levels. This program is taught by high energy, motivated, level 2 or higher Skate Canada coaches.

What is the NHL's new secret weapon to better, faster, more efficient skating? Figure Skaters! NHL teams are hiring figure skating coaches to help improve their skating skills. Former Canadian competitive pairs figure skater *Barbara Underhill* has worked with the Maple Leafs and the Tampa Bay Lightning!



Our office is by the zamboni garage at:
Aurora Family Leisure Complex Rink
135 Industrial Pkwy N, Aurora

905-713-1442

email: info@auroraskatingclub.com

on-line registration: www.auroraskatingclub.com



**POWER
SKATING**

with the
AURORA SKATING CLUB

Teaching Skating in Aurora since 1953!
**A Community Skating Club with a Trusted
Reputation for Teaching Excellence!**

A PROGRAM FOR
HOCKEY & RINGETTE
PLAYERS

2016 - 2017
SEASON
FALL | WINTER | SPRING

905-713-1442



The *Aurora Skating Club* is a not-for-profit club
fully sanctioned by Skate Canada

PARTICIPANTS

- ☆ Boys & Girls
- ☆ Ages 5 and UP
- ☆ Open to Beginner and Advanced Skaters
- ☆ All skaters will be assessed and grouped on the 1st day of each session
- ☆ Beginners should be able to skate confidently forward and backward, and be able to stop without using support from the boards /or have passed CanSkate Badge 4



THE POWER PROGRAM

The ASC POWER SKATING program is for hockey and ringette players looking to improve their skating skills.

Skaters will experience high-level instruction focusing on advanced skating techniques, improving their:

- ⇒ balance & agility
- ⇒ stride & recovery
- ⇒ edge control
- ⇒ crossovers
- ⇒ quick pivots
- ⇒ starts & stops
- ⇒ tight turns
- ⇒ speed & endurance
- ⇒ confidence

Teaching using a progressive format and conditioning drills to emphasize how these skills will apply to real game situations!



ADMINISTRATION INFORMATION

Code of Conduct: 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 arena bulletin board.

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

Multiple Day Discount: Register the same skater for additional days in the same session and receive \$20.00.

Pro-Rating: Joining the program late, a prorated amount is provided if space permits.

Refunds: All programs are non-refundable. Refund requests for medical or other exceptional reasons must be made in writing and be supported by a doctor's note. The Executive Board reserves the right to deny refunds. A \$25.00 administrative charge will be applied to approved refunds.

Cancellations: The Aurora Skating Club reserves the right to cancel sessions in the event of low enrolment. Registered participants will be notified if this occurs.

Returned Payments: NSF cheques will be subject to the administration fee of \$25.00.

No Make Up Sessions: Due to maximum restrictions on the ice, and to ensure safety, all skaters are only permitted to skate during their regularly scheduled ice-time.

Publicity: ASC registered skater's name and/or pictures may be published and appear in our advertising, our website, and in local publications.

Skate Canada Fee: All payments must include a mandatory, non-refundable Skate Canada membership fee. This annual membership is valid from Sept. 1, 2016 to Aug. 31, 2017.

Equipment: All POWER Skaters must come with their own Hockey gear. CSA Helmets are mandatory. The ASC **does not** provide helmets, skates or hockey gear.

ASC POWER SKATING 2016 - 2017 SCHEDULE & RATES

| <input checked="" type="checkbox"/> | SESSION & DAY | DATES | TIMES | WEEKS | RATES | LOCATION |
|-------------------------------------|--------------------|--|-------------------|---------|----------|----------|
| <input type="checkbox"/> | FALL - Friday | Sept. 23 - Oct. 28, 2016 | 6:00pm - 6:50pm | 6 weeks | \$186.00 | AFLC |
| <input type="checkbox"/> | FALL - Saturday | Sept. 24 - Oct. 29, 2016 | 10:40am - 11:30am | 6 weeks | \$186.00 | AFLC |
| <input type="checkbox"/> | WINTER I - Friday | Nov. 4 - Dec. 16, 2016 | 6:00pm - 6:50pm | 7 weeks | \$217.00 | AFLC |
| <input type="checkbox"/> | WINTER II - Friday | Jan. 13 - Mar. 10, 2017 | 6:00pm - 6:50pm | 9 weeks | \$279.00 | AFLC |
| <input type="checkbox"/> | SPRING - *Friday | Mar. 24 - May 12, 2017 *No Lesson: Apr. 14/17 | 6:10pm - 7:00pm | 7 weeks | \$217.00 | AFLC |
| <input type="checkbox"/> | SPRING - Saturday | Mar. 25 - May 13, 2017 | 10:50am - 11:40am | 8 weeks | \$248.00 | AFLC |

Please note: Above rates do not include the mandatory, non-refundable Skate Canada membership fee. Skate Canada fee and full registration must be received before skaters can begin sessions

POWER Sessions will be held at: AFLC = Aurora Family Leisure Complex

PAYMENT METHODS: *CHEQUE | CASH | DEBIT | VISA | MASTER CARD
*cheques made payable to: **Aurora Skating Club Inc.**

REGISTRATION ON-LINE: www.auroraskatingclub.com | see website for In Person Registration Dates

