

Welcome to MINTO SKATING CLUB Summer School 2008!

We are pleased to offer a well-rounded program, including both on-ice and off-ice sessions. For all levels of skaters, we have included off-ice classes in our session packages. Classes are designed to improve overall fitness, and enhance on-ice performance by developing the fundamentals of off-ice conditioning (speed, power, agility, and stability).

We are offering everything from 'Musicality & Rhythm', 'Hip Hop', and Circuit Training to Pilates this summer! For details on the wide range of exciting off-ice classes Minto is offering please see the detailed schedule, available on our website or at the Club office.

Our Summer packages provide a variety of options and represent recommended training for both Test and Competitive skaters.

Please consult your Professional Coach to determine which package best suits your skater, given their level and goals.

Additional ice sessions are available at reduced cost for those skaters who purchase the maximum ice time package for their level. Please see registration form for details. We are pleased to support our most dedicated skaters, including those doing two disciplines, by providing them with this cost efficient means to supplemental ice time.

MIN TO PROFESSIONAL STAFF:

Name	Phone #
Bergeron, Anne-Marie	(613) 235-1549
Forbes, Gordon	(613) 238-3754
Hyndman, Gail	(613) 841-8426
Jackson, Barbara	(613) 721-9939
Jackson, Donald	(613) 733-5292
Loucks, Eric	(613) 733-0366
McDougall, Tara	(613) 731-0577
Millard-VanLuven, Katrina	(613) 692-6217
Ruzhynska, Kristina	(613) 721-5819
VanLuven, Darryl	(613) 692-6217

Coaching arrangements are to be made directly with the coach and lesson fees are payable to them.

Important Dates:

Minto Summer Skate Competition
July 31 to August 3

(No regular skating July 31 & Aug 1)

Volunteers Needed
Please Contact the Club Office

Regular Skating July 1 (Canada Day)
and August 4 (Civic Holiday)

High Test Day – August 7
Joint test day at the Nepean Skating Club

Low Test Day – July 25 (Tentative-TBD)

August 11 to 13 – Walk-On Ice available,
times TBD



The Minto Skating Club

Summer Program 2008

June 23 to August 8

Abbreviated Schedule June 23-27
(see Registration Form for details)

THE MINTO SKATING CLUB
2571 Lancaster Road
Ottawa, ON, K1B 4L5

www.mintoskatingclub.com

Club Office: (613) 733-5292 or
colleen@mintoskatingclub.com



SCHEDULE

Monday to Thursday:

On-Ice

TIME	SESSION
8:00-8:50	High Competitive Dance
9:00-9:50	High Competitive Dance
10:00-10:50	Competitive Freeskate # 1 - High
11:00-12:00	Competitive Freeskate # 2 - High/Low
12:00-12:30	Competitive Stroking
12:40-1:30	High/Low Competitive Dance
1:40- 2:30	Open Dance/Skills (Edges/Spins)
2:40-3:30	Intermediate Freeskate
3:30-3:50	Intermediate / Junior Stroking
4:00-4:50	Junior Freeskate

Off-Ice

TIME	SESSION
9:00 – 9:45	Competitive Freeskate Off-Ice (<i>Wed Only</i>)
10:00-10:45	High Competitive Dance Off-Ice (Class 1)
11:00-11:45	Low Competitive Dance Off-Ice
11:45-12:30	High Competitive Dance Off-Ice (Class 2)
12:45-1:30	Competitive Freeskate Off-Ice
1:30-2:15	Intermediate Freeskate Off-Ice
2:30-3:15	Junior Freeskate Off-Ice

Friday:

On-Ice

TIME	SESSION
8:00-8:50	High Competitive Dance
9:00-9:50	High Competitive Dance
10:00-10:50	Competitive Freeskate
11:00-11:50	Open Freeskate

Off-Ice

TIME	SESSION
10:00-10:45	High Competitive Dance Off-Ice
12:00-12:45	Competitive / Open Freeskate Off-Ice

SESSION / PACKAGE DETAILS: * *

High Competitive Freeskate:

- For skaters passed Juvenile Competitive or Senior Bronze Freeskate (priority to skaters passed Competitive tests).
- Mon to Fri program includes:
10 freeskates per week (2 per day)
4 stroking (Mon to Thurs)
6 off-ice (daily class plus “Musicality & Rhythm” class Wed)

Low Competitive Freeskate:

- For skaters Pre-Juvenile and higher (passed Junior Bronze Freeskate).
- Mon to Fri program includes:
10 freeskates per week (2 per day)
4 stroking (Mon to Thurs)
6 off-ice (daily class plus “Musicality & Rhythm” class Wed)

OR

- 6 freeskates plus 4 skills/dance
4 stroking (Mon to Thurs)
6 off-ice (daily class plus “Musicality & Rhythm” class Wed)
- Pre-Juvenile skaters on Competitive Freeskate #2 (11:00 - 12:00) should be skating two sessions per day plus stroking. Second session is Open Skills/Dance (1:40 - 2:30) or Intermediate Freeskate (2:40 – 3:30).

Intermediate A:

- For skaters passed the Preliminary Freeskate test.
- Mon to Thurs program includes 2 on-ice sessions daily (freeskate & skills/dance), plus stroking and off-ice. Skaters can add Friday Open Freeskate and Off-Ice to this package. Please see registration form.
Note: Strong Pre-Preliminary skaters will be permitted on assessment.

Intermediate B:

- For skaters passed the Preliminary Freeskate test.
- Mon to Thurs program includes 1 freeskate daily, plus stroking and off-ice. Skaters can add Friday Open Freeskate and Off-Ice to this package. Please see registration form.
Note: Strong Pre-Preliminary skaters will be permitted on assessment.

Junior A:

- For skaters working on Preliminary tests.
- Mon to Thurs program includes 2 on-ice sessions daily plus stroking and off-ice (1 freeskate, 1 freeskate/skills/dance). Skaters can add Friday Oper Freeskate (on assessment) and Off-Ice to this package. Please see registration form.

Junior B:

- For skaters working on Preliminary tests.
- Mon to Thurs program includes 1 freeskate daily, plus stroking and off-ice. Skaters can add Friday Oper Freeskate (on assessment) and Off-Ice to this package. Please see registration form.

COMPETITIVE DANCE

High Competitive Dance:

- For Pre-Novice and higher Competitive Dancers.
- Mon to Fri program includes 10 dance sessions per week (2 per day), and 9 off-ice (2 classes daily Mon to Thurs, 1 class Fri).

Low Competitive Dance:

- For Preliminary to Juvenile Competitive Dancers.
- Mon to Thurs program includes 8 dance sessions per week (2 per day), and 4 off-ice (1 class daily).

** In order to accommodate the diverse needs of our skaters, sessions are available at daily rates. Please see our registration form for details.

Minto reserves the right to move skaters dependent upon skating ability and ice density or for safety reasons.