

HOW TO REGISTER

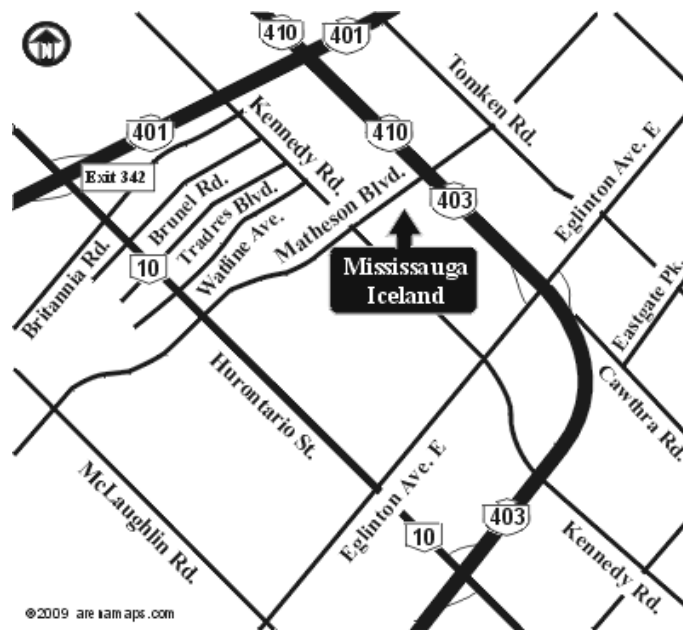
For Returning Members:

1. Log on to your account at www.mississaugafsc.com
2. Update any contact information
3. Click **REGISTRATION** on the main menu
4. Find a session you wish to register for and click the **REGISTER** button beside it
5. Select the skater you wish to register in the session
6. Choose **REGISTER FOR MORE PROGRAMS** or **CONFIRM & REGISTER**
7. Proceed to check out
8. Payment is by VISA or MasterCard only

For New Members:

1. Create an account at www.mississaugafsc.com
2. Add your contact information and add any skaters as participants
3. Continue from Step 3 in Returning Members

Iceland Arena
705 Matheson Blvd. E.
Mississauga, ON
L4Z 3X9



Email:

cuttingedge@mississaugafsc.com



MFSC Cutting Edge
Summer Skating



Summer
Figure Skating
Camp

Skate the summer with us and
make new friends for life!

**JULY 4—JULY 29
2016**

cuttingedge@mississaugafsc.com

Qualifications:

Canskate: Stage 1 to Stage 3.

Low Level: Must have passed Canskate Stage 3.

High Level: Must have passed a complete Preliminary test.

What to expect:

Low/High Level:

- 2 on ice sessions
- 1 fitness class
- 1 off ice jump/stretch class
- 1 group activity
- 2-3 on ice group lessons
- Private lessons must be arranged between yourself and your coach

Canskate Half Day:

- 1 Canskate session
- 1 off ice jump/stretch class
- 1 group activity

FITNESS

Classes will be conducted by CE Physio and Conditioning and will include, but not limited to, strength/cardio, dance and yoga.

NEW!!!! FIELD TRIP DAY

On Fridays, skaters will have the option to participate in a group field trip. Full day program from 9am-5pm.

MFSC reserves the right to cancel if there are not enough participants. Schedule subject to change

WEEKS #1 and 2 - RINK 4

TIME	HIGH LEVEL	TIME	LOW LEVEL
9:00-9:30	Drop off	9:00-10:00	Drop off
9:30-10:30	Fitness	10:00-10:50	On ice
10:50-11:50	On ice	11:05-12:05	Fitness
12:00-1:00	Lunch	12:05-1:00	Lunch
1:00-2:00	Jump/Stretch	1:30-2:30	On ice
2:20-3:20	On ice	2:40-3:30	Jump/Stretch
3:30-4:30	Activities	3:30-4:30	Activities
4:30-5:00	Pick up	4:30-5:00	Pick up

WEEK #3 - RINK 4

TIME	HIGH LEVEL	TIME	LOW LEVEL
9:00-9:30	Drop off	9:00-10:00	Drop off
9:30-10:30	Fitness	10:00-11:00	On ice
11:00-11:50	On ice	11:15-12:15	Fitness
12:00-1:00	Lunch	12:15-1:15	Lunch/ Half day Canskate drop off
1:00-2:00	Jump/Stretch	1:30-2:20	On ice
2:20-3:20	On ice	2:30-3:30	Jump/Stretch
3:30-4:30	Activities	3:30-4:30	Activities
4:30-5:00	Pick up	4:30-5:00	Pick up

WEEK #4 - RINK 2 AND 4

TIME	HIGH LEVEL	TIME	LOW LEVEL
9:00-10:00	Drop off	9:00-10:00	Drop off
10:00-11:00	Fitness	10:15-11:15	On ice
11:15-12:05	On ice	11:30-12:30	Fitness
12:15-1:00	Lunch	12:30-1:15	Lunch/Half Day Canskate drop off
1:00-2:00	Jump/Stretch	1:30-2:20	On ice
2:20-3:20	On ice	2:30-3:30	Jump/Stretch
3:30-4:30	Activities	3:30-4:30	Activities
4:30-5:00	Pick up	4:30-5:00	Pick up

PROGRAM FEES

Low/High Level Mon-Fri (incl. field trip)	\$275.00 / week
Low/High Level Mon-Thurs	\$250.00 / week
Half Day Canskate Mon-Fri (incl. field trip) (weeks 3 and 4; 12:15pm-5:00pm; Fri 9am-5pm)	\$225.00 / week
Half Day Canskate Mon-Thurs (weeks 3 and 4; 12:15pm-5:00pm)	\$200.00 / week
Canskate session only Mon-Fri (incl. field trip) (weeks 3 and 4; 1:30-2:20pm; Fri 9am-5pm)	\$125.00 / week
Canskate session only Mon-Thurs (weeks 3 and 4; 1:30-2:20pm)	\$100.00 / week
Guest Skate Low/High	\$25.00 / session

Week #1 - - - - - July 4-8 (Toronto Zoo)

Week #2 - - - - - July 11-15 (Wonderland)

Week #3 - - - - - July 18-22 (Science Centre)

Week #4 - - - July 25-29 (Ripley's Aquarium)

LATE FEES:

After 5:00pm, a late fee of \$10 will be charged for each 15 minutes a skater has not been picked up.

TENTATIVE MORNING TEST DAY:

Thursday July 28, 2016

(test fees are extra)

NO SKATING ON FRIDAYS! FIELD TRIP DAY!