

HOW TO REGISTER

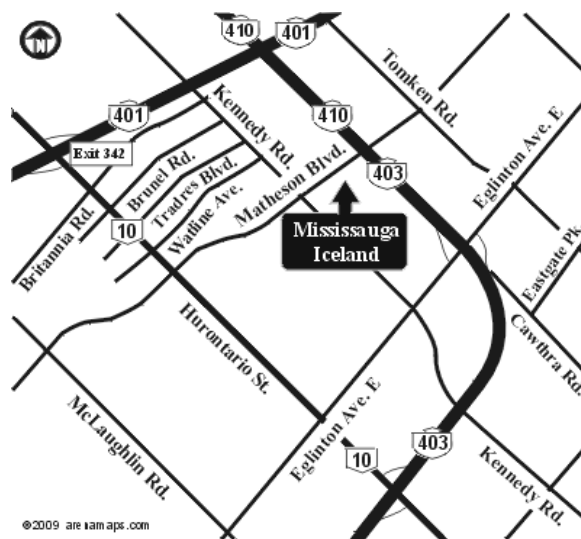
For Returning Members:

1. Login 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
6. Choose **REGISTER FOR MORE PROGRAMS** (if you wish to add additional weeks) or **CONFIRM & REGISTER**
7. Proceed to check out
8. Follow payment instructions

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 instructions

Iceland Arena
705 Matheson Blvd. E.,
Mississauga, ON
L4Z 4A6



info@mississaugafsc.com

MFSC Cutting Edge
Summer Skating



Summer Figure Skating Camp

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

July 8 - August 2, 2019

info@mississaugafsc.com

Qualifications:

Low Level: Must have passed CanSkate Stage 3 or higher.

High Level: Must have passed a STAR 3 assessment or equivalent.

What to expect:

Each day, skaters will participate in:

- 2 on ice sessions
- 1 fitness class
- 1 off ice jump/stretch class
- Activities and games
- On ice group lessons (low level)
- Private lessons must be arranged between yourself and your coach

FITNESS

Classes will be taught by Your Peak Performance and will include, but not be limited to, strength/ cardio, dance, and yoga.

SYNCHRONIZED SKATING

Synchro Seminar on Fridays!
An exciting opportunity for skaters to experience synchronized skating. Work together as a team and develop your skating skills.

WEEKS #1-4

MONDAY—THURSDAY

TIME	HIGH LEVEL	TIME	LOW LEVEL
8:00-8:40	Extended Care	8:00-9:00	Extended Care
8:40-9:40	Fitness	9:00-9:50	On Ice
9:50-10:50	On Ice	10:00-11:00	Fitness
11:00-12:00	Activities	11:00-12:00	Activities
12:00-12:45	LUNCH	12:00-12:50	LUNCH
1:00-2:00	On Ice	12:50-1:35	Jump/Stretch
2:15-3:00	Jump/Stretch	1:50-2:50	On Ice
3:00	Pick up	3:00	Pick up
3:00-5:00	Extended Care	3:00-5:00	Extended Care

WEEKS #1-4

FRIDAY

TIME	HIGH LEVEL	TIME	LOW LEVEL
8:00-9:00	Extended Care	8:00-9:00	Extended Care
8:40-9:40	Jump/Stretch	9:00-9:50	On Ice
9:50-10:50	On Ice	10:00-11:00	Jump/Stretch
11:00-12:00	Activities	11:00-12:00	Activities
12:00-3:00	Extended Care	12:00-3:00	Extended Care



Registration Information

PROGRAM FEES

HIGH LEVEL	\$350.00 / Week
LOW LEVEL	\$350.00 / Week

WEEK # 1..... July 8 - 12

WEEK # 2..... July 15 - 19

WEEK # 3..... July 22 - 26

Meadowvale Four Rinks

WEEK # 4..... July 29 - August 2

TENTATIVE TEST DAY:

Friday August 2, 2019.

Skater must skate a minimum of 3 weeks in order to be eligible to test.
(Test fees are extra)

Note: Friday programs run half-day.

