

SESSION QUALIFICATIONS

PRESCHOOL CANSKATE: A Preschool Learn-to-Skate program focusing on fun and continuous movement. Children move into CanSkate upon completion of the Preschool program. The preschool program will be only offered during the evening session, for skaters 3-5 years of age. CSA approved hockey helmets are mandatory.

CANSKATE (Children): For 5-12 years old who have not passed Stage 6 of CanSkate and 3 & 4 year olds who can already skate. CanSkate skills are divided into stages. The evening program will offer group lessons. For an additional fee, skaters can obtain private lessons. Please pick up the list of available coaches from the CanSkate table if interested. The day time program will only be offered to those skaters who are receiving private lessons, and upon recommendation by their coach. There will be no group instruction during this time. Skaters in Stage 1-3 must wear a CSA approved hockey helmet. Older children can be accommodated if numbers warrant. Contact the office for more info 519-681-2640.

CANSKATE (Adults): This program is for adult skaters, 18 years of age and older. Adult skaters will work on the various CanSkate badges, which will teach all the basics of ice skating. The adult program will be sharing ice-time with the children's program for the summer. Adult skaters will only be grouped with other adults.

PRELIMINARY: Skaters must have passed a minimum of CanSkate Stage 5, and must not have passed the complete Junior Bronze Dance Test. The evening program is one hour and fifty minutes in length and ice-time for the first hour of the session will be shared with the CanSkate program only for the summer. Skaters will be divided into groups depending on their level. Fully qualified coaches provide group instruction, and private lesson options are available at an additional fee. Please speak to the program supervisor, Michelle Rothwell for a list of available coaches. Sessions include skating skills, free skate, dance, stroking and synchronized skating. The daytime program are for skaters that have a private coach. No groups during the day program. Please speak to your private coach before signing up for the daytime program to ensure that they are available for lessons during the day.

JUNIOR: This session is for skaters who have passed Stage 5 or higher. For preliminary skaters, please speak to your private coach before registering for these sessions. Placement on this session is at the discretion of your private coach. The session will include stroking, skills, dance, & free skate. Off-ice instruction is included with this package. Private lessons are available. * No stroking on Friday sessions.

SENIOR: Skaters must have passed the complete Junior Bronze Free Skate Test, or the complete Junior Silver Dance or Junior Silver Skills, or at the discretion of the Summer School Directors, Kelly Farmer and Mr. Kelly Marshall. Off ice training is included in this program. Sessions will also include stroking, skills, dance, & freeskate. *No stroking on Friday sessions!

GENERAL INFORMATION

CONFIRMATIONS: There will be no confirmations. You will be notified if a session is overbooked or if there are any other changes. If you hear nothing you may assume your application has been accepted.

SKATE CANADA: Skaters must be member of Skate Canada in order to be covered by our insurance, receive badges, try tests, or compete in any category. This involves an annual fee of \$30.00. Your present membership expires August 31, 2010. You must register if you have not been registered since September 1, 2009

NSF CHEQUES: There will be a \$30.00 administration fee for all NSF cheques.

WITHDRAWALS: Fees will not be refunded for withdrawals after the sessions start except in a few unusual circumstances and an administration fee will be charged for these. There will also be an administration charge for withdrawals after registration but before the session begins.

Guest Skating: Kelly Farmer (519-681-2640 or 519-685-7390) or Mr. Kelly Marshall 519-649-0950 must be contacted in advance. Guest Fees for Summer 2010 are: \$10.00 per half hour and any part thereof. Contact the LSC office if you require the fee for guest skating for a entire day package. Maximum 3 times.

SUMMER ICE SCHEDULE (JUNE 28-AUGUST 5)

****Evening programs start June 28 – daytime starts June 30****

All sessions at Earl Nichols Arena, 799 Homeview Road, London

PRESCHOOL & CANSKATE (Children & Adults) EVENING SESSION:

DAY: Monday CANSKATE TIME: 6:00-6:50 (June 28, July 5,12,19,26, Aug 2)

Monday: PRESCHOOL TIME: 6:10-6:50 (June 28, July 5,12,19,26, Aug 2)

PRELIMINARY EVENING SESSION:

DAY: Monday TIME: 6:00-7:50 (June 28, July 5,12,19,26, Aug 2)

CANSKATE/PRELIMINARY DAY ICE (Private lessons only – no group instruction-upon private coach approval):

Week #1 Wednesday & Thursday	TIME: 12:00-12:50
Week #2 Monday, Wednesday & Thursday	TIME: 12:00-12:50
Week #3 Monday & Wednesday	TIME: 12:00-12:50 test day Thursday, July 15
Week #4 Monday, Wednesday and Thursday	TIME: 12:00-12:50
Week #5 Monday, Wednesday and Thursday	TIME: 12:00-12:50
Week #6 Monday & Wednesday	TIME: 12:00-12:50 test day Thursday, August 5

JUNIOR: **Starts Wednesday, June 30, 2010**

Week #1: Wednesday & Thursday: FSI: 9:30-10:50 Off Ice: 11:00-11:45 FSII: 12:00-12:50

Week #1: Friday: FS: 9:00-9:50 Off Ice: 10:00-11:00

Week #2,4 & 5:

Monday, Wednesday & Thursday: Free Skate I: 9:30-10:50 Off Ice: 11:00-11:45 Free Skate II: 12:00-12:50

Tuesday: FS I: 9:00-10:20 Off Ice: 10:30-11:30

Friday: Freeskate: 9:00-9:50 am Off Ice: 10:00-11:00 am *no stroking Fridays

Week 3 & 6 (Test days will be held on during the Thursday time slot both of these weeks – July 15 & August 5)

Monday & Wednesday: Free Skate I: 9:30-10:50 Off Ice: 11:00-11:45 Free Skate II: 12:00-12:50

Tuesday: FS I: 9:00-10:20 Off Ice: 10:30-11:30

Friday: Week 3 – Freeskate: 9:00-9:50 Off Ice: 10:00-11:00 * no stroking *No Friday week #6

test days during regular sessions, Thursday, July 15 and Thursday, August 5th. No regular sessions during this time No Friday skating week #6. Weeks 1-5 Fridays – no stroking. **No Jr/Sr June 28/29**

SUMMER ICE SCHEDULE – (JUNE 30 – AUGUST 5)

SENIOR:

Week#1: Wednesday & Thursday: FSI: 8:00-9:20 Off Ice: 9:45-10:45 FSII: 11:00-11:50

Week #1: Friday: FSI: 8:00-8:50 am Off Ice: 9:00-9:45 am FSII: 10:00-10:50

Week #2,4 & 5:

Monday, Wednesday & Thursday:

Free Skate I: 8:00-9:20 Off Ice: 9:45-10:45 Free Skate II: 11:00-11:50

Tuesday:

Free Skate I: 8:00-8:50 Off Ice: 9:15-10:15 Free Skate II: 10:30-11:20

Friday:

FS1: 8:00-8:50 Off Ice: 9:00-9:45 FS III: 10:00-10:50 am *no stroking on Friday sessions

Week #3 & 6:

Monday & Wednesday:

Free Skate I: 8:00-9:20 Off Ice: 9:45-10:45 Free Skate II: 11:00-11:50

Tuesday:

Free Skate I: 8:00-8:50 Off Ice: 9:15-10:15 Free Skate II: 10:30-11:20

Friday:

Week #3 FSI: 8:00-8:50 am Off Ice: 9:00-9:50 am Free Skate II: 10:00-10:50 am *no stroking on Fridays

Test days will be held during regular sessions on Thursday, July 15 & Thursday, August 5. No regular sessions will be held during this time

****Please note that stroking sessions will be running during the last 10 minutes of the Free Skate II portion of the Senior sessions, and during the last Free Skate sessions for Junior skaters** No stroking on Friday sessions due to shortened schedule.**

Let's have some fun on these colour days! Treats for all! Don't miss out!

Week #1: Friday, July 2nd	Wear the colour pink today!
Week #2: Friday, July 9th	Wear the colour orange today!
Week #3: Friday, July 16 th	Wear the colour blue today!
Week #4: Friday, July 23rd	Wear the colour red today!
Week #5: Friday, July 30th	Wear the colour purple today!
Week #6: Wed, Aug 3 rd	Wear the colour yellow today!

Evening program skaters, check your calendars available at the various sessions for any special days.

If splitting up weeks for the day sessions only, please don't forget to submit an additional sheet indicating the exact dates that you intend to skate. A 5% discount can be applied if purchasing 15 or more full days of skating (Jr/Sr). This doesn't include part days, only full day packages. Fees are based on the full half hour of ice time or any part thereof. This coincides with ice billing that we receive from the City of London.

Preschool, Cankate (children/adult's), Preliminary (EVENING ICE):

Week #1:	Monday, Jun 28
Week #2:	Monday, July 5
Week #3:	Monday, July 12
Week #4:	Monday, July 19
Week #5:	Monday, July 26
Week #6:	Monday, August 2

check schedule for time of sessions

CanSkate & Preliminary (Day time Ice-privates only- check with your coach)

Week #1: Wednesday & Thursday only

Week #2,4,5 Monday, Wednesday & Thursday Week#3 & 6 Monday & Wednesday only

Junior & Senior (DAY SESSIONS):

Week #1:	June 30-July 2
Week #2:	July 5-9
Week #3:	July 12-16 (no regular session on July 15 th due to test day)
Week #4:	July 19-23
Week #5:	July 26-30
Week #6:	August 3-5 (no regular session on August 5th due to test day)

check schedule for time each session will run

All sessions scheduled on Canada Day, Thursday, July 1st, and the Civic Holiday, on Monday, August 2nd, will run as per the normal schedule!