## **Registration Information:**

Skater Name

First Name:	
Last name:	
Birth Date:	Gender: M □ F □
Address:	
Apt./Unit #:	
City:	Postal Code:
Home Phone:	Cell Phone:
Medical Conditions:	•
Parents/Guardians Names:	
E-Mail Address:	
I would like to receive inforr and info of the LSC: Yes Skate Canada #:	nation by e-mail regarding news □ No □
Highest Stage or Level passe	ed:
Skating synchro? ☐ Team:	·
Highest level of Hockey/Ring	gette played:
Emergency Contact Name:	
Emergency Contact #:	
Name of Coach if taking priv	rate lessons:
How did you hear of our pro	grams?
Name of Club member refer	red by:
Release	
it's directors, employees and co	all claims, the London Skating Club, baches and agree that none of them y accident, injury, or loss, however premises, ice or other facilities.
advertisement and promotion. photographs/videos and/or the	d skater for the purposes of club
I also authorize the London Skar information of the registered sk purposes of their ice allocation	ater to the City of London for
I have read and accept the term backside of the registration bro	
Signature (Parent or Guardian i	f Skater under 18):
	Date:
*Continue on reverse for Progr	ram selection and payment options*

## **Terms and Conditions:**

## Skate Canada Fees

Skaters must be members of Skate Canada to skate on LSC sessions, try tests, skate on a Synchronized Skating team, or compete. The membership year runs from Sep 1-Aug 31. The \$32.70 fee is paid to Skate Canada, and is due upon registration in the first program of each membership year. Out of club skaters must provide proof of current Skate Canada Membership at time of registration.

#### Fundraisina Promotional Booklet

The Ontario Skaters' Promotional Contest Booklet is our major fundraiser. Each skater registering in an LSC CanSkate, StarSkate, or AdultSkate program must purchase ONE ticket book for \$40 upon registration (max of TWO booklets per family). Skaters sell the 20 tickets for \$2 each from Sept-Jan & keep the money from these sales. Over half the proceeds offset ice costs at the LSC. The balance supports skaters across Ontario with seminars, bursaries, etc.

## **Registration Confirmations**

There will be no program confirmations, other than the 'London Skating Club Registration Invoice' email after online registration. Skaters will be notified if a session is overbooked, or of other program changes.

## Withdrawals/Refunds

Withdrawal before session starts: A program refund \* will be issued for withdrawals before the first scheduled class begins.

Withdrawals will <u>not</u> be permitted after the program start date, except for the following circumstances:

Withdrawal due to injury: Any skater that misses four or more consecutive weeks due to an on-ice injury on an LSC session is entitled to a credit of 50% of the pro-rated amount \* of the sessions missed. A doctor's note must be provided indicating that the injury is the result of the on-ice activity. The skater must present evidence that the injury occurred during an LSC session.

Withdrawals for PreCanSkate: A pro-rated refund \* will be given to parents of NEW PreCanSkate skaters (aged 3-5) if the request is received in writing within 4 weeks of the skater's 1st day of skating. Any withdrawal requests not covered by the above must be submitted to the LSC office in writing, and will be at the discretion of the Board of Directors with a 2/3 majority vote.

\* ALL refunds due to withdrawals are subject to a \$30 admin fee, Skate Canada Fee, and promotional ticket booklet (if purchased).

## NSF Cheques

There will be a \$40.00 administration fee for all NSF cheques.

#### Ice Scheduling

Cancellations: Ice allocations are done by the city and are out of control of the LSC. Check the LSC bulletin boards at the arenas, LSC website/Facebook/ Twitter for cancellations. There is no make-up policy for sessions cancelled due to inclement weather, city ice deletions where relocating the session is not possible, or any other unforeseen circumstances for which the LSC cannot be held responsible.

**'NO SKATING' Dates:** Dates listed as 'no skating' dates on registration materials are due to KNOWN ice cancellations, and were NOT included as part of your program fee. Refer to each program description for relevant 'no skating' dates.

### STARSkate Makeup Sessions

STARSkate and AdultSkate participants will be allowed to 'make-up' up to 5 missed sessions during the Winter session, if a minimum of 1 week notice is given to the LSC office, before the session that will be missed. The skater must be aware that the request may not be granted if the makeup session requested is full or if the skater is not qualified to skate on the session requested for the makeup.

There are **NO** make-up sessions allowed for CanSkate & CanPower.

See our website for full terms & conditions

# **Fall/Winter Skating**

# at the London Skating Club

September 2, 2014 – March 29, 2015





Learn for Fun! Live to Skate! Skate for Life!

# Learn To Skate / CanSkate

Earl Nichols Arena, 799 Homeview Rd Argyle Arena, 1948 Wavell St

# **Power Skating / CanPowerSkate**

Earl Nichols Arena, 799 Homeview Rd

# Figure Skating / StarSkate

Earl Nichols Arena, 799 Homeview Rd

## StarSkate Ticket Ice

Earl Nichols Arena, 799 Homeview Rd Kinsmen Arena, 20 Granville St

## **STARSkate Test Days**

Nov 25,26 / Feb 18,19 / Mar 23,25

# **Adult Skating**

Earl Nichols Arena, 799 Homeview Rd Thompson Arena, Western University

# **Contact us for more information:**

www.londonskatingclub.com londonsc@execulink.com 519 681-2640





@LondonSkating www.facebook.com/LondonSkatingClub

## CanSkate: Learn to skate for all ages

Skate Canada's flagship learn-to-skate program, for beginners **aged 3 to adult**. CanSkate focuses on fun, participation and basic skill development. Skaters are grouped according to age and skating ability. Skaters earn ribbons and badges in PreCan plus 6 Stages as they learn fundamental skating skills.

**PreCanSkate:** For skaters aged 3 to 5 with little or no skating experience. Skaters are introduced to the basics of skating in a fun, friendly manner. *PreCan may skate on any CanSkate session*.

**CanSkate Stages 1-6:** For skaters aged 5 and up who have not passed Stage 6 of CanSkate, and skaters aged 3 & 4 who have passed PreCanSkate. *Skaters in Stages 5 & 6 are also welcome on Preliminary StarSkate group figure skating sessions.* 

Adult/Teen CanSkate: For beginner skaters aged 13 and up interested in developing skating skills for recreational skating/exercise, or for eventually playing hockey or figure skating. Adults/teens are welcome to skate on ANY CanSkate session, BUT will be placed in their own group only on the Saturday program.

#### Coaching and Lesson Format:

Group lessons are provided by NCCP certified Skate Canada coaches, and assisted by trained Program Assistants. Skaters may choose to hire a professional coach to supplement group lessons for an additional fee (see reverse for available coaches).

#### REQUIRED Equipment:

- Figure or hockey skates.
- CSA approved hockey helmets are MANDATORY (including Adults/Teens).
- Face masks are highly recommended. Hockey equipment may be worn once skaters can move comfortably on the ice.

Code	Day	Dates	Time	Arena	Fee
CSWN1715	W	Sep 3-Mar 18	5:15-6:05pm	Nichols 'C'	\$315
		No Skat	ing: Nov26, Dec24,	Dec31, Feb18	, Mar25
CSMA1700	М	Sep 29-Mar 23	5:00-5:50pm	Argyle 'A'	\$299
			No S	Skating: Oct13	3, Feb16
CSRN1845	Th	Oct 2-Mar26	6:45-7:35pm	Nichols 'C'	\$299
			No Skating: Dec	4, Dec25, Jan 1	!, Feb19
CSSN0915A+B	Sa	Oct 4-Mar 28	9:15-10:05am	Nichols 'C'	\$299
CSSN0915A	Sa	Oct 4-Dec27	9:15-10:05am	Nichols 'C'	\$180
CSSN0915B	Sa	Jan 3-Mar28	9:15-10:05am	Nichols 'C'	\$180
			Includes separ	ate teen/aduli	groups
			No Skating: Oct11,	Nov29, Jan1	), Jan31

Skaters in CanSkate Stages 5 & 6 are also welcome on Preliminary StarSkate figure skating sessions (see next page for description).

Preliminary StarSkate Group Lessons: Figure skating for Stage 5/6						
Code	Day	Dates	Time	Arena	Fee	
CSWN1815	W	Sep 3-Mar 18	6:15-7:30pm	Nichols 'C'	\$520	
			On-ice 6:16-7:05	off-ice 7:10-7	':30pm.	
		No Skat	ing: Nov26, Dec24,	Dec31, Feb18,	Mar25	
CSRN1715	Th	Sep 4-Mar26	5:15-6:15pm	Nichols 'C'	\$520	
			No Skating: Dec	4, Dec25, Jan1	, Feb19	

## What's for me at the LSC after CanSkate?

- After CanSkate Stage 3, skaters may try out for our Beginner synchronized skating team.
- After CanSkate Stage 4, skaters may transfer to Preliminary StarSkate, our learn to figure skate program.
- After CanSkate Stage 5, skaters interested in hockey or ringette should enroll in CanPowerSkate.

## CanPowerSkate: Power skating for Hockey & Ringette

An action-packed, high energy instructional power skating program for hockey or ringette players, aged 5 and up. Skaters must have basic forward and backward skating skills (be able to skate the length of the rink using alternate strides), and be able to stop on command without use of the boards. Skills focus on edges, balance, power, agility, speed & endurance. Techniques, conditioning drills & skills are taught in a progressive format that emphasizes how they apply to game situations. With bonus stick handling techniques.

Levels 1-3 focus on skating fundamentals. Levels 4-6 place additional focus on acquisition of efficient technique, speed, agility, technical aspects of stride and acceleration and skating with the puck/ring.

## **Coaching and Lesson Format:**

Group lesson format. Program is 12 weeks long: 10 weeks of lessons followed by two test days. To skate for the full year, register for both FALL and WINTER sessions.

**REQUIRED Equipment:** Full CSA approved hockey/ringette equipment required, including stick, helmet, neck & mouth guard.

\* There will be various CanPowerSkate Level Skaters on each ice time. They will be grouped by both skill and badge level, at the coach's discretion. Skaters will be evaluated at the beginning of each session to ensure proper placement. \*

#### CanPowerSkate Session Qualifications:

Session I: For players working on CanPowerSkate Level 1, or have not achieved Level 2 Bronze, or Tyke/Novice/Atom age, or at the discretion of the coach.

Session II: For players that have passed Level 2 Bronze, working on Level 2 Silver or Gold, or Levels 3-6, or PeeWee/Bantam/Midget age, or at the discretion of the coach.

CanPowerSkate: for hockey & ringette								
Session	Code	Day	Dates	Time	Arena	Fee		
Session I Fall	CPTN1915A	Tu	Oct 7-Dec 30	7:15-8:05pm	Nichols 'C'	\$180		
					No Skatir	ng: Nov25		
Session I Winter	CPTN1915B	Tu	Jan 6-Mar24	7:15-8:05pm	Nichols 'C'	\$180		
Session II Fall	CPTN2015A	Tu	Oct 7-Dec 30	8:15-9:05pm	Nichols 'C'	\$180		
					No Skatir	ng: Nov25		
Session II Winter	CPTN2015B	Tu	Jan 6-Mar24	8:15-9:05pm	Nichols 'C'	\$180		

Don't know your game/competition schedule before session start? No problem! Renew your Skate Canada membership before the first session, and guest skate on up to 4 sessions at a per-session fee of \$20. Enroll for the full program before the beginning of the 5th session, and the full value of guest skate fees will be applied in full toward the CanPower program fee. Contact the office to register.

Want to join the program after session start date? Pro-rated fees in effect for the first five weeks. Due to testing requirements, skaters entering the program after the 5th week will not be ready for end-of-program testing. That doesn't mean you can't still learn with us. Guest skate on up to 4 sessions at the END of the program (excluding test days) at a per-session fee of \$20, plus Skate Canada membership fee. Contact the office to register.

**Private Lessons:** Power Skaters may opt to purchase lessons with a private coach, by guest skating on the Friday OPEN session through fall/winter, for a fee of \$10/per half hour, plus private lesson fees paid directly to your coach. Check your coach's availability before registering for this option.

**NOTE:** CanPowerSkate is **NOT** a learn to skate program. If your child does not meet the **minimum** skill requirements, enroll in our CanSkate learn to skate program. Not sure if your child qualifies? Please contact the office before registering.

## STARSkate: Figure skating for fun and competition

Skate Canada's STARSkate program teaches figure skating skills in a progressive and sequential manner, in group lesson and/or private session formats. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system, or participate in competitions throughout the year.

## **STARSkate Session Qualifications:**

<u>Preliminary Groups</u>: Skaters must have passed CanSkate Stage 4 & must not have passed the complete Junior Bronze Dance Test.

<u>Preliminary Private</u>: A skater may skate on a Preliminary StarSkate private session (eg. Prel/Jun on Sunday am) upon completion of CanSkate stage 6, and at the discretion of the skater's private coach (due to safety reasons).

<u>Junior A</u>: Complete Preliminary Dance test (includes Dutch Waltz, Canasta Tango AND Baby Blues) OR Preliminary Skills successfully tested OR the skater can <u>consistently</u> execute and land the following jumps: waltz/salchow/toe loop. May skate on Thurs Prelim Groups.

Junior B: Complete Junior Bronze Dance test (includes Swing Dance, Fiesta Tango, AND Willow Waltz) OR Junior Bronze Skills successfully tested OR the skater can consistently execute and land the following jumps: lutz/loop/flip. To skate on a Junior/Senior combined session you must meet these qualifications.

<u>Senior</u>: Complete Junior Silver Dance test (including Keats Foxtrot, Rocker Foxtrot, Harris Tango & American Waltz) OR Junior Silver Skills successfully tested OR Junior Bronze FreeSkate successfully tested (both elements/solo).

Open: Open to ALL Preliminary, Junior, Senior & Adult STARSkaters with a private coach. Preliminary STARSkaters must have passed CanSkate Stage 5 to skate unaccompanied on this session. CanSkate (Stage 5 and under) & CanPowerSkate skaters can also skate on this ice, provided they are accompanied by a private coach at all times.

### Preliminary STARSkate Group Lessons

Our introductory figure skating program offers skaters of all ages the opportunity to develop fundamental figure skating techniques, in a group lesson format that includes stroking, freeskate, ice dance & skating skills.

#### Coaching and Lesson Format:

The **Wednesday** session includes 50 minutes of on-ice instruction, followed by 20 min of off-ice training, and is open to CanSkate Stage 5 & 6, and Preliminary skaters.

On the **Thursday** session, CanSkate 5 & 6 skaters skate for the first 60 minutes (see CanSkate page on brochure for session code and fee). Preliminary and Junior A skaters remain on the ice for an additional 20 minutes of advanced instruction.

Skaters may hire a professional coach at an additional fee to supplement group lessons (see next column for available coaches).

Qualifications: Skaters must have passed CanSkate Stage 4 & must not have passed the complete Junior Bronze Dance Test.

**REQUIRED Equipment:** Skaters must wear a CSA approved hockey helmet until completion of CanSkate Stage 5.

Code	Day	Dates	Time	Arena	Fee
SSWN1815	W	Sep 3-Mar 18	6:15-7:30pm	Nichols 'C'	\$520
			On-ice 6:15-7:05,	off-ice 7:10-7	:30pm.
		No Skating	g: Nov26, Dec24, D	Dec31, Feb18,	Mar25
SSRN1715	Th	Sep 4-Mar26	5:15-6:35pm	Nichols 'C'	\$665
			No Skating: Dec4	, Dec25, Jan1,	, Feb19

#### STARSkate Sessions with Private Instruction ONLY

Session Format: Ice time for skaters to work on stroking, freeskate, ice dance & skating skills. Skaters may hire a professional coach for

an additional fee. No group instruction provided, except for sessions offering a 20 min stroking session (Tues Senior, Sun Prel/Jr & Sr).

Qualifications	Code	Day	Dates	Time	Fee		
Prelim/Jr A/B	SSUN1015	Su	Sep 7-Mar 22	10:15-12:05pm	\$780		
		INCLU	DES STROKING.	No skating: Oct26,	Mar29		
Jr B/Senior	SSTN1715	Tu	Sep 2-Mar 24	5:15-7:05pm	\$799		
		INCLU	DES STROKING.	No skating: Nov25	, Dec30		
Senior	SSWN1915	We	Sep 3-Mar 18	7:15-8:35pm	\$520		
		Ν	o skating: Nov26	5,Dec24,Dec31,Feb18	,Mar25		
Senior	SSRN1945	Th	Sep 4-Mar 26	7:45-9:05pm	\$520		
			No skatir	ng: Dec4, Dec25, Jan1	, Feb19		
Senior	SSUN0815	Su	Sep 7-Mar 22	8:15-10:05am	\$780		
		INCLU	DES STROKING.	No skating: Oct26,	Mar29		
Open	OSFN1715	Fr	Sep 5-Mar 27	5:15-7:05pm	\$685		
			No skating	g: Nov28, Dec26, Jan	9, Jan30		
Open	OSRN1845	Th	Sep 4-25 only	6:45-7:45pm	\$105		
Open	OSSN0915	Sat	Sep 6-27 only	9:15-10:05am	\$105		
* All STARSkate sessions at Nichols 'C'*							

## **Adults Only Figure Skating**

Our adults only figure skating program, for skaters looking to stay fit, develop flexibility, and learn a lifelong skill.

#### Session Format:

A 15 minute group stroking lesson is provided on each session. Time allotted for separate freeskate and dance segments during the session. Skaters may hire a coach for private or semi-private lessons, at an additional fee payable to the coach at the time of the lesson.

**REQUIRED Equipment:** Adult skaters must wear a CSA approved hockey helmet until completion of CanSkate Stage 5.

Code	Day	Dates	Time	Arena	Fee
ASUN1215	Th	Oct 2-Mar 26	10:00-11:50an	n Thompson	\$390
			N	o skating: Dec.	25, Jan1
ASRU1000	Su	Sep 7-Mar 22	12:15-1:35pn	Nichols 'C'	\$540
			No	katina: Oct26	Mar29

Adult skaters may also skate on any CanSkate or STARSkate session for which they are qualified.

### Daytime Ticket Ice: Sep 2, 2014 – Mar 27, 2015

Available for \$100 for those skating on two or more **full** LSC sessions in the fall/winter season (Sept to March, includes synchro). Available for \$620 for skaters that have not purchased two or more full skating sessions. Refer to our website for full ticket ice schedule.

#### Guest Skating

Skaters may guest skate on qualified STARSkate or AdultSkate sessions for \$10/half hour or any part thereof – up to 3 guest skates per session in Fall/Winter. Notify office in advance to ensure adequate space. Payment must be submitted BEFORE skating.

## Private Coaching

Skate Canada certified professional coaches are permitted to offer private skating instruction to LSC skaters, for a fee payable directly to the coach. Not all coaches teach all levels of skaters. Refer to the coach page of our website for a list of available coaches.

Projessional Coach	ies at time o	y printing:	
Cathy Alguire	519-495-6560	Mr. Kelly Marshall	519-649-0950
Mr. Don Cumming	519-472-4609	Charlotte McLean	519-474-4781
Amanda Eccles	519-432-1604	Darlene Mitro	519-268-0410
Kelly Farmer	519-685-7390	Alyssa Nicholls	519-668-2335
Erin Lee	519-494-1511	Carole Robinson	519-686-0893
MaryLou Marchant	519-282-7348	Marcy Walker	519-238-2996

Drafassianal Carebas at time of printing

## Please check desired Session(s):

CanSkate / Leari	n to	Skate				
Code	Day	Dates		Time	Arena	Fee
CSWN1715	W	Sep 3-Ma	ar 18	5:15-6:05pm	Nichols 'C'	\$31
CSMA1700	М	Sep 29-N	/lar 2	3 5:00-5:50pm	Argyle 'A'	\$29
CSRN1845	Th	Oct 2-Ma	ar26	6:45-7:35pm	Nichols 'C'	\$29
CSSN0915	Sa	Oct 4-Ma	ar 28	9:15-10:05am	Nichols 'C'	\$29
CSSN0915A	Sa	Oct 4-De	c27	9:15-10:05am	Nichols 'C'	\$18
CSSN0915B	Sa	Jan 3-Ma	r28	9:15-10:05am	Nichols 'C'	\$18
Preliminary Sta	rSka	ate Grou	p Le	ssons: for CS St	age 5/6	
Code	Day	Dates		Time	Arena	Fee
CSWN1815	W	Sep 3-Ma	ar 18	6:15-7:30pm	Nichols 'C'	\$52
CSRN1715	Th	Sep 4-Ma	ar26	5:15-6:15pm	Nichols 'C'	\$52
Preliminary Star	Skat	te Group	Less	ons: for Prelimir	ary skaters	
Code	Day	Dates		Time	Arena	Fee
SSWN1815	W	Sep 3-Ma	ar 18	6:15-7:30pm	Nichols 'C'	\$52
SSRN1715	Th	Sep 4-Ma	ar26	5:15-6:35pm	Nichols 'C'	\$66
StarSkate Privat	e Fig	gure Skat	ing S	essions		
Qualifications	C	ode	Day	Dates	Time	Fe
Prelim/Jr A/B	SS	UN1015	Su	Sep 7-Mar 22	10:15-12:05pm	\$78
Jr B/Senior	SS	TN1715	Tu	Sep 2-Mar 24	5:15-7:05pm	\$79
Senior	SS	WN1915	We	Sep 3-Mar 18	7:15-8:35pm	\$5
Senior	SS	RN1945	Th	Sep 4-Mar 26	7:45-9:05pm	\$5
Senior	SS	UN0815	Su	Sep 7-Mar 22	8:15-10:05am	\$7
Open	0	SFN1715	Fr	Sep 5-Mar 27	5:15-7:05pm	\$6
Open	0	SRN1845	Th	Sep 4-25 only	6:45-7:45pm	\$1
Open	0	SSN0915	Sat	Sep 6-27 only	9:15-10:05am	\$1
Adults (UWO)		SUN1215	Th	Oct 2-Mar 26	10:00-11:50am	\$3
Adults (Nichols)		SRU1000	Su	Sep 7-Mar 22	12:15-1:35pm	\$5
Ticket Ice				re <b>full</b> fall/winter sess		\$1
Ticket Ice				n 2 <b>full</b> fall/winter ses	sions	\$6
CanPowerSkate:	for	hockey 8	k ring	gette		
Code	D	ay	Day	Dates	Time	Fee
Session I Fall	С	PTN1915	Tu	Oct 7-Dec 30	7:15-8:05pm	\$1
Session I Winter	С	PTN1915	Tu	Jan 6-Mar24	7:15-8:05pm	\$1
Session II Fall	С	PTN2015	Tu	Oct 7-Dec 30	8:15-9:05pm	\$1
	· C	PTN2015	Tu	Jan 6-Mar24	8:15-9:05pm	\$1
Session II Winte						
	l unt	il sessions		Prorating in effect		rt.

Subtract 5% if skating 2 or more sessions (incl synchro):

Subtract 10% if this is 3rd, 4th, 5th skater in the family:

(discount applies to skater(s) with lowest fees)

#### Add Mandatory Skate Canada Fee for 2014-15 Year (if not renewed since September 2014)

Add Fundraising Promotional Booklet (for the first two skaters in a family; excludes CanPowerSkate)

Subtract and attach any LSC Credit Vouchers:

О	
$\mathbf{\cdot}$	 _

\$32.70

\$40.00

## ☐ Installments (4 equal payments) 25% of total:

If selecting instalments: First payment due upon receipt. Date installment cheques Oct 1, Nov 1 and Dec 1, 2014.

 $\textbf{Payment:} \ \ \Box \ \ \text{Cash} \ \ \Box \ \ \text{Credit Card} \ \ \Box \ \ \text{Cheque} \textit{(payable to London Skating Club)}$ 

Credit Card Payment: ☐ Visa ☐ Mastercard ☐ American Express

Card Number: CVV Code: Expires:

#### Signature:\_

## **REGISTER ONLINE!** www.londonskatingclub.com

Return registration forms to the LSC office in person: Earl Nichols Arena, 799 Homeview Road, London ON, down the hall from 'A' pad.

By Mail: London Skating Club, PO Box 9011, Sub Stn 40, London, ON N6E 1V0