



London Skating Club

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

SPRING 2015 PROGRAMMING



Evening Programs: April 13 to June 11 2015. STARSSkate Test Day Monday, June 15, 2015

Ticket/Day Ice: March 30 to June 30 2015 (for qualified Preliminary, Junior, Senior & Adult STARSSkaters)

| SESSION | Monday Apr 13-Jun 15 | Tuesday Apr 21 – Jun 9 | Wednesday Apr 14 – Jun 10 | Thursday Apr 16 – Jun 11 | Friday |
|--|--|--|--|---|--|
| No skating dates, and special events: | Victoria Day May 19 Test Day Jun 15 | Synchronicity tryouts Apr 14 | | Synchronicity tryouts Apr 23 (Argyle sessions only) | |
| CanSkate, STARSSkate, Adult Wed evenings: - April & May @ Argyle Arena, 1948 Wavell St, due to maintenance - June 1 returns to Nichols Arena 'A' Pad, 799 Homeview Rd | Argyle: Apr 13,20,27, May 4,11,25 Nichols: Jun 1,8 & 15 | Argyle: Apr 21,28, May 5,12,19,26 Nichols: Jun 2 & 9 | Argyle: Apr 15,22,29, May 6,13,20,27 Nichols: Jun 3 & 10 | Argyle: Apr 16,30, May 7,14,21,28 Nichols: Jun 4 & 11 | |
| Adult Synchronicity Monday evenings: Western Fair District Sports Centre, 865 Florence St | | | | | |
| AdultSkate Thursday morning: Thompson Arena, Western University, Western Rd @ Sarnia | | | | | |
| CanSkate Group Lessons – Learn to Skate for Youth, Teens & Adults (ages 3 and up) | | | | | |
| Youth (Age 3 and up) - PreCanSkate, Stages 1 through 6* (Stage 5/6 also see PrePreliminary STARSSkate for other skating options) | Argyle>Nichols 6:30-7:20 pm PreCanSkate Stages 1-6 * Teen/Adult * | | Argyle>Nichols 6:30-7:20 pm PreCanSkate Stages 1-6 * Teen/Adult * | Argyle>Nichols 5:00-5:50 pm PreCanSkate Stages 1-6 *shared with PrePreliminary/ Preliminary | |
| Teen/Adult (Grade 9 and up) - Teens/Adults welcome on all CanSkate sessions, but will be placed in separate group on Mon and Wed programs ONLY * Thursday shared ice with PrePreliminary/Preliminary Groups | | | | | |
| STARSSkate Group Lessons – Learn to Figure Skate | | | | | |
| PrePreliminary /Preliminary STARSSkate Groups - Group lesson format Monday: - Preliminary Skaters ice dance from 5:00 – 5:20 - PrePreliminary Skaters (working on CanSkate Stages 5-6) join the session @ 5:20 - PrePreliminary skaters transition to Preliminary immediately upon completion of CanSkate Stage 6 | Argyle>Nichols 5:00-5:20 Preliminary ONLY for dance 5:20-6:30 PrePreliminary & Preliminary (flood 5:50-6:00) | | | Argyle>Nichols 5:00-5:50 pm *shared with CanSkate | |
| STARSSkate Private Sessions – Recreational and Competitive Figure Skating for Youth, Teens & Adults | | | | | |
| Preliminary/Junior A/Junior B STARSSkate - Private lessons - Preliminary skaters with coaches recommendation, & must have passed CanSkate Stage 5 | | | | Argyle>Nichols 6:00-7:30 pm (flood 6:50-7:00) | |
| Junior A/Junior B STARSSkate - Private lessons only - Stroking Tues only | | Argyle>Nichols 5:00-6:50 pm (*w/stroking) | | | |
| Junior B/Senior STARSSkate - Private lessons only | | | Argyle>Nichols 5:00-6:30 pm (flood 5:50-6:00) | | |
| Senior STARSSkate - Private lessons only - Stroking Tues only | Argyle>Nichols 7:20-8:50 pm (flood 7:50-8:00) | Argyle>Nichols 7:00-8:50 pm (*w/stroking) | | Argyle>Nichols 7:30-8:50 pm | |
| Adult Skating Opportunities | | | | | |
| Teen/Adult CanSkate (Grade 9 and up) - Teens/Adults welcome on all CanSkate sessions, but will be placed in separate group on Mon and Wed programs ONLY | Argyle>Nichols 6:30-7:20 pm * shared ice with children 3 and up * | | Argyle>Nichols 6:30-7:20 pm * shared ice with children 3 and up * | | |
| Adult STARSSkate - age 18 and up - group stroking included | | | Argyle>Nichols 7:20-8:50 pm (flood 7:50-8:00) | Thompson 10:00 am-noon (incl Apr 23) | |
| Synchronized Skating – Synchronicity Synchronized Skating Teams for Youth, Teens & Adults | | | | | |
| Synchronicity Tryouts - more information to follow | | Argyle 5:00-9:00 pm April 14 ONLY | | Argyle 5:00-9:00 pm April 23 ONLY | |
| Adult Synchronicity Workshop - Western Fair, 3 weeks* - more information to follow | Western Fair 5:45-8:35 pm Apr 13, 20 & 27 | | | | |
| Adult Synchronicity Tryouts - more information to follow | Western Fair 7:00-8:50pm, May 4 6:45-8:35pm, May 11 | | | | |
| Ticket Ice – Daytime Figure Skating | | | | | |
| Ticket Ice Only – March 30 to June 30 Only qualified skaters are entitled to use this ice. Please see Ticket Ice information separately! | Argyle>Nichols 8:00-9:50 am No skating May 18 (Victoria Day) | | Argyle>Nichols 2:30-3:50 pm | Argyle>Nichols 8:00-9:50 am 2:30-3:50 pm | Argyle>Nichols 8:00-9:50 am |



London Skating Club

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

SPRING 2015 Session Qualifications



CanSkate: Skate Canada's Learn to Skate program, for children and adults

Skate Canada's flagship learn-to-skate program, designed for beginners aged 3 to adult. CanSkate focuses on fun, participation and basic skill development.

Group lessons are provided by NCCP certified Skate Canada coaches. CanSkate skills are divided into stages. Skaters are placed into groups according to their age, skating ability, and the stage(s) they are working on. Skills are assessed on a continuous basis, with badges/ribbons are awarded when all the skills at a particular stage have been achieved.

Required equipment:

- CSA approved hockey helmets are MANDATORY and face masks are highly recommended for ALL CanSkate sessions (including Adults/Teens) until completion of CanSkate Stage 5.
- Hockey equipment may be worn once skaters can move comfortably on the ice. Check the website for a list of coaches who are available for private lessons if parents wish additional instruction for their skater.

PreCanSkate: A learn to skate program for children 3 to 5 years of age, with little or no skating experience. Skaters are introduced to the basics of skating in a fun, friendly manner. Session includes a short off-ice warm-up to further develop the skating fundamentals. Skaters progress directly into the main CanSkate program upon mastering the PreCanSkate skills.

CanSkate: For skaters aged 5 and up who have not passed Stage 6 of CanSkate, and skaters aged 3 & 4 who have passed PreCanSkate. Upon completing Stage 4, CanSkaters can choose to remain on CanSkate sessions to complete Stage 5 & 6, OR they may complete Stages 5 & 6 as PrePreliminary skaters on the PrePreliminary/Preliminary group figure skating sessions.

Adult/Teen CanSkate: For beginner skaters age 14 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 designated sessions – this spring, on Monday and Wednesday evenings.

STARSkate: Figure skating for youth and adults

PREPRELIMINARY/PRELIMINARY:

Group Lessons: A skater may move to STARSkate group figure skating lessons as early as completion of CanSkate Stage 4. PrePreliminary STARSkaters will complete CanSkate Stages 5 & 6 in group figure skating lessons. Upon completion of CanSkate stage 6, the skater may continue to skate on a group session as a Preliminary skater until completion of the Junior Bronze Dance Test (includes Swing Dance, Fiesta Tango, AND Willow Waltz).

Private Sessions: A skater may skate on a Preliminary STARSkate private session (eg. Preliminary/Junior on Thursday evenings) upon completion of CanSkate Stage 6 AND upon approval of the skater's private coach (due to safety reasons).

JUNIOR:

Junior STARSkate consists of two levels, Junior A and Junior B. Those who meet Junior A qualifications will be allowed to skate on a Preliminary/Junior or Junior session. Those who meet the Junior B qualifications can additionally skate on the Junior/Senior sessions. This is to address the gap between the entry level Juniors and the more competitive Senior skaters in the club.

Junior A: Complete Preliminary Dance test (includes Dutch Waltz, Canasta Tango AND Baby Blues) OR Preliminary Skills successfully tested OR the skater can consistently execute and land the following jumps: waltz/salchow/toe loop

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 B/Senior combined session you must meet these qualifications

SENIOR:

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) OR Junior Bronze FreeSkate Elements only IF a skater has plans to compete in an out-of-club solo or partner (pairs or dance) competition in the upcoming year that precludes completion of the complete Junior Bronze FreeSkate test.

ADULT:

Adult skaters aged 18 and up, looking to stay fit, develop flexibility, and learn a lifelong skill. Included with the registration fee is a group stroking session conducted by a NCCP certified professional Skate Canada Coach. Time is allotted for separate Free Style and Dance segments during the session. Group and private lessons are also available to all skaters from our coaches at a fee payable to the coach at the time of the lesson.

Adult skaters with a current Skate Canada membership may also qualify to skate on any STARSkate session by contacting the London Skating Club office for current session availability and qualifications.

Required equipment: Adult skaters must wear CSA approved helmets until completion of CanSkate Stage 5.

TICKET ICE:

CanSkate & Preliminary STARSkate level skaters MUST have their private coach on the ice with them at all times. Skaters in STARSkate Junior and Senior MUST have an adult/guardian present at all times.