



# London Skating Club

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



SKATE CANADA  
LONDON SKATING CLUB

## SUMMER 2015 PROGRAMMING

**Evening Program: Monday evenings:** June 22-July 27; **Tuesday evenings:** June 30-August 4

**Day Program: Wednesdays and Thursdays mornings:** July 2-August 6

**STARSkate Test Days:** Thursday July 16 & Thursday August 6, tests will follow regular sessions

Session	Monday EVENING PROGRAMS	Tuesday EVENING PROGRAMS	Wednesday &/or Thursday DAY PROGRAM
<b>EVENING PROGRAMS @ Nichols Arena:</b> 799 Homeview Road, London "A" Pad	Nichols Arena "A" Pad  6 weeks Jun 22, 29, Jul 6-27 No skating: Aug 3	Nichols Arena "A" Pad  6 weeks Jun 30, Jul 7-28, Aug 4	London Sports Park  Wednesday 5 weeks Thursday 6 weeks Jul 2-Aug 6 No Skating: July 1 (Canada Day)
<b>DAYTIME PROGRAMS @ London Sports Park:</b> (formerly Brookside Arena) 99 Brookside Street, London	<b>*choose all dates or make your own package*</b> (save 5% by booking 15 full regular sessions)		
<b>CanSkate Group Lessons – Learn to Skate for Youth, Teens &amp; Adults (ages 3 and up)</b>			
<b>Youth (age 3 &amp; up)</b> • PreCanSkate, Stages 1 through 6 • Stage 5/6 also see PrePreliminary <b>Teen/Adult (Grade 9 &amp; up)</b> • Shared ice with youth CanSkate, but Teens/Adults will be in separate group		6:00-6:50 pm	With private coach and permission only, on Preliminary/Junior Day Program ice * See schedule below * Contact the LSC Office for more information!
<b>STARSkate Group Lessons – Learn to Figure Skate</b>			
<b>Pre-Preliminary, Preliminary &amp; Select:</b> • Group lesson followed by off-ice training		On-ice 5:00-6:00 pm Off-ice 6:05-6:50 pm	
<b>STARSkate Private Sessions – Recreational and Competitive Figure Skating for Youth, Teens &amp; Adults</b>			
<b>Preliminary/Junior A/B:</b> • Private Lessons only			<b>On-ice: 9:30-10:50 am</b> <b>Stroking: 10:40-10:50 am</b> (private lessons allowed during stroking) <b>Off-ice training: 11:00-noon</b>
<b>Junior A/Junior B/Senior:</b> • Privates Lessons only • Junior skaters with private coach recommendation only	On-ice session: 6:00-7:20 pm Off-ice training: 7:30-8:15 pm No Stroking	Off-ice training: 6:05-6:50 pm On-ice session: 7:00-8:50 pm With Stroking: 7:00-7:10 (no private lessons during stroking)	
<b>Senior:</b> • Private Lessons only			<b>Free Skate I: 8:00-9:20 am</b> <b>Off-ice training: 9:40-10:40 am</b> <b>Free Skate II: 11:00-11:50 am</b> <b>Stroking: 11:40-11:50</b> (no private lessons allowed during stroking)
<b>Adult Skating Opportunities</b>			
<b>Teen/Adult CanSkate (Grade 9 &amp; up)</b> • Shared ice with youth CanSkate • Teens/Adults in separate group		6:00-6:50 pm	
<b>Adults STARSkate:</b> • Adults may also skate on any STARSkate session for which they qualify	7:30-8:50 pm (with stroking) Flood @ 7:50 pm		
<b>CanPowerSkate – Power Skating Private Lessons</b>			
<b>CanPowerSkate</b>	* Full CanPower programming resumes October 2015 *		With private coach and permission only, on Preliminary/Junior Day Program ice * See schedule above * Contact the LSC Office for more information!

- Off-Ice training is included in session fees on selected sessions!
- Schedule is subject to change depending on flood scheduling and availability of zamboni operators during the summer program.
- *Registration for Summer 2015 to begin in early June @ [www.londonskatingclub.com](http://www.londonskatingclub.com)*



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### 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 will share the ice with youth CanSkate, BUT will be placed in their own group.

### STARSSkate: Figure skating for youth and adults

**SELECT:** Accelerated learn to figure skate program for young skaters age 5-8, by invitation or coach recommendation only. Off-ice participation is mandatory.

#### PREPRELIMINARY/PRELIMINARY:

**Group Lessons:** A skater may move to STARSSkate group figure skating lessons as early as completion of CanSkate Stage 4. PrePreliminary STARSSkaters 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 STARSSkate private upon completion of CanSkate Stage 6 AND upon approval of the skater's private coach (due to safety reasons).

#### JUNIOR:

Junior STARSSkate consists of two levels, Junior A and Junior B.

**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

#### 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 17 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 STARSSkate 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.