



# London Skating Club

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

FALL/WINTER SKATING: Sep 8 2015 - Mar 31 2016



SKATE CANADA  
LONDON SKATING CLUB

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CanSkate Group Lessons – Learn to Skate for Youth, Teens &amp; Adults (ages 3 and up)</b>							
<b>Youth CanSkate</b> Age 3 and up Stage 5/6 also see Pre-Preliminary StarSkate	<b>Argyle "A"</b> 5:00 – 5:50 pm FULL: Oct 5-Mar 21 FALL: Oct 5-Dec 28 WINTER: Jan 4-Mar 21		<b>Nichols "C"</b> 5:15-6:05 pm FULL ONLY: Sep 9-Mar 30	<b>Nichols "C"</b> 6:45-7:35 pm FULL ONLY: Oct 1-Mar 31		<b>Nichols "C"</b> 9:15-10:05 am FULL: Sep 12-Mar 19 FALL: Sep 12-Dec 26 WINTER: Jan 2-Mar 19	<b>Nichols "C"</b> 8:15-9:05 am FULL: Sep 13-Mar 20 FALL: Sep 13-Dec 27 WINTER: Jan 3-Mar 20 <b>* NEW *</b>
<b>Teen/Adult CanSkate</b> Grade 9 and up			Shared groups with youth CanSkate – see above	Shared groups with youth CanSkate – see above		Shared groups with youth CanSkate – see above	
<b>STARSkate Group Lessons – Learn to Figure Skate</b>							
<b>Select Team</b> - invitation only - register for BOTH Thu & Sun				<b>Nichols "C"</b> 5:35-6:35 pm on-ice 6:45-7:15 pm off-ice training Sep 10-Mar 31			<b>Nichols "C"</b> 11:05 am-12:05 pm on-ice 12:15-12:45 off-ice training Sep 13-Mar 27
<b>Pre-Preliminary</b>			<b>Nichols "C"</b> 6:15-7:05 pm on-ice 7:10-7:30 pm off-ice training Sep 9-Mar30	<b>Nichols "C"</b> 5:35-6:35 pm on-ice 6:45-7:15 pm off-ice option (spaces limited)* Sep 10-Mar 31			
<b>Preliminary</b>				<b>Nichols "C"</b> 5:15-6:35 pm on-ice 6:45-7:15 pm off-ice option (spaces limited)* Sep 10-Mar 31			
<b>Junior A</b>							
<b>STARSkate Private Sessions – Recreational and Competitive Figure Skating for Youth, Teens &amp; Adults</b>							
<b>Preliminary</b>							<b>Nichols "C"</b> 10:45 am-12:05 pm stroking @ 11:55-12:05 Sep 13-Mar 27
<b>Junior A</b>				<b>Nichols "C"</b> 7:45-9:05 pm NO Stroking Sep 4-Mar 26			
<b>Junior B</b>		<b>Nichols "C"</b> 5:15-6:35 pm stroking @ 6:25-6:35 Sep 8-Mar 29					
<b>Senior</b>			<b>Nichols "C"</b> 7:15-8:35 pm NO stroking Sep 3-Mar 18				<b>Nichols "C"</b> 9:15-10:35am stroking @ 9:15-9:25 Sep 13-Mar 27
<b>Open session</b>				<b>Nichols "C"</b> 6:45-7:35 pm Sep 10/17/24	<b>Nichols "C"</b> 5:15-6:35 pm Sep 11-Mar 18		
<b>Adult Skating Opportunities</b>							
<b>Teen/Adult CanSkate</b> - Grade 9 and up	<b>Argyle "A"</b> 5:00 – 5:50 pm FULL: Oct 5-Mar 21 FALL: Oct 5-Dec 28 WINTER: Jan 4-Mar 21		Shared groups with youth CanSkate – see above	Shared groups with youth CanSkate – see above		Shared groups with youth CanSkate – see above	<b>Nichols "C"</b> 8:15-9:05 am FULL: Sep 13-Mar 27 FALL: Sep 13-Dec27 WINTER: Jan 3-Mar27 <b>* NEW *</b>
<b>Adult StarSkate</b> - age 17 and up				<b>Thompson/UWO</b> 10:00-11:50 am Oct 1-Mar 31			<b>Nichols "C"</b> 12:15-1:35 pm Sep 13-Mar 27
<b>CanPowerSkate: Power skating for hockey and ringette skill development</b>							
<b>* NEW SESSIONS DIVISIONS*</b>		<b>Nichols "C"</b> FALL: Oct 6-Dec 22 WINTER: Jan 5-Mar 22			Guest skating with private coach on Open session * Schedule above * Contact Office to register		
<b>CanPower I</b>		6:45-7:25 pm					
<b>CanPower II</b>		7:25-8:05 pm					
<b>CanPower III</b>		8:15-9:05 pm					
<b>SynchroSkate: Synchronicity Synchronized Skating Teams</b>							
	<b>Nichols "C"</b> All start Sep 14	<b>Nichols "C"</b> Sep 8-29 only	<b>Nichols "C"</b> Starts Sep 9	<b>Western Fair</b> Starts Oct 8	<b>Nichols "C"</b> Starts Sep 11	<b>Nichols "C"</b> Starts Sep 12	<b>Nichols "C"</b> All start Sep 13
<b>Intro</b>						10:15-11:05 am	
<b>Beginner I</b>						10:15-11:05 am	
<b>Beginner II</b>	5:15-6:05 pm						
<b>Elementary</b>	6:15-7:15 pm						3:45-5:05 pm
<b>Novice</b>	7:15-9:05 pm						1:45-3:35 pm
<b>Open</b>		6:45-9:05 pm		8:00-9:50 pm			5:15-7:35 pm
<b>Adult I</b>			8:45-10:05 pm				
<b>Adult II</b>							7:45-9:05 pm
<b>Adult III</b>							9:15-10:05 pm
<b>Shared</b> (schedule TBD)					6:45-8:05 pm		



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

### STARSkate: 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 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 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.

**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.

**OPEN:** Session is open to ALL Preliminary, Junior, Senior and 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) and CanPowerSkate skaters can also skate on a portion of this ice, provided they are accompanied by a private coach at all times. CanSkaters and CanPowerSkaters (adults included) must wear a CSA approved hockey helmet until completion of CanSkate Stage 5.

**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 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.



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## **CanPowerSkate: Power skating for hockey and ringette development**

An action packed, high energy instructional power skating program geared to skaters interested in or already involved in hockey and ringette that focuses on balance, power, agility, speed and endurance. As skaters progress through the CanPowerSkate program, qualifications will change for each CanPower session.

FALL and WINTER sessions consist of 12 week long programs: 10 weeks of lessons, followed by 2 weeks for testing.

**ALL new skaters to the CanPowerSkate program must sign up for Session I, and will be assessed on the first day of classes. At the coaches' discretion, a skater may be moved to Session II or III based on their skill/ability level.**

**Minimum Skating Requirements:** 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. If skater does not meet this requirement, we recommend enrolling in CanSkate learn to skate lessons until completion of Stage 4.

### **CanPowerSkate Session I: Pre-Power & CanPower Level I**

For CanSkaters who have passed a minimum of CanSkate Stage 4 and currently playing Tyke level hockey. Also returning skaters working on CanPower Level 1, or have not achieved Level 1 Silver.

### **CanPowerSkate Session II: CanPower Levels 1-2**

For returning skaters that have passed a minimum of Level 1 Silver, and have not yet achieved Level 2 Gold.

### **CanPowerSkate Session III: CanPower Levels 3-6**

For returning skaters that have passed a minimum of Level 2 Gold, and are working on Levels 3 through 6.

**Don't know your game/competition schedule before the start of sessions? 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 (Session I/II) or \$25 (Session III). Enroll for the full program before the beginning of the 5<sup>th</sup> session, and the full value of guest skate fees will be applied in full toward the CanPower program fee.

**Want to join the program after session start date?** Pro-rated fees in effect for the first four weeks. Due to testing requirements, skaters entering the program after the 5<sup>th</sup> 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.

### **Want private lessons to help improve on problem techniques?**

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 \$13/per half hour, plus private lesson fees paid directly to your coach.

Check your coach's availability before registering for this option. Contact the office to register.



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## Fall/Winter StarSkate Important Dates/Special Programming

Fri Oct 2, 2015	5:15-8:05	STARSkate Competition Simulation
Wed Oct 28, 2015	5:15-8:35	STARSkate Test Day
Thu Oct 29, 2015	5:15-9:05	STARSkate Test Day
Wed Dec 9, 2015	5:15-8:35	STARSkate Test Day
Thu Dec 10, 2015	5:15-9:05	STARSkate Test Day
Fri Dec 18, 2015		Christmas Pop Concert/Silent Auction
Thu Jan 28, 2016	5:15-9:05	STARSkate Test Day
Sun Mar 13, 2016	1:45-3:35	Adult Social Ice Dance event <b>REVISED</b>
Sun Mar 20, 2016	tba	Junior Olympics – after singles skating sessions
Wed Mar 23, 2016	5:15-10:05	STARSkate Test Day
Thu Mar 24, 2016	5:15-9:05	STARSkate Test Day

## Fall/Winter Program Ice 'No Skating Dates'

Sep 8, 2015 - Mar 31, 2016

\*note that Argyle Monday nights and Western Fair ice don't start until the week of Oct 5\*

Fri Oct 2, 2015	5:15-8:05 pm	STARSkate Competition Simulation
Sat Oct 10, 2015	9:15-11:05 am	CanSkate & Synchro (Thanksgiving weekend)
Sun Oct 11, 2015	8:15-9:05 am (CanSkate) & 2:15-10:05 pm (synchro)	cancelled only. Senior, P/J/Select and adults will still skate.
Mon Oct 12, 2015	Argyle – 5:00-5:50 cancelled (CanSkate) & Nichols – 5:15-9:05 cancelled - synchro	(Thanksgiving)
Thu Oct 15, 2015	Western Fair only cancelled – 8:00-9:50 pm	(synchro)
Wed Oct 28, 2015	Nichols cancelled – 5:15-8:35 only – STARSkate Test Day	(synchro still runs 8:45-10:05)
Thu Oct 29, 2015	Nichols cancelled only – 5:15-9:05 – STARSkate Test Day	(synchro still running at WF)
Fri Dec 4, 2015	5:15-8:05 – Open session and extra ice - Nichols cancelled	(tournament)
Sat Dec 5, 2015	9:15-11:05 am – Nichols (CanSkate & synchro) cancelled	(tournament)
Wed Dec 9, 2015	5:15-8:35 only cancelled – STARSkate Test Day	(synchro still runs 8:45-10:05)
Thu Dec 10, 2015	5:15-9:05 only cancelled @ Nichols – STARSkate Test Day	(synchro still running at WF)
Fri Dec 18, 2015	all regular sessions cancelled for Christmas Pop Concert/Auction	
Thu Dec 24, 2015	Christmas Eve --Thompson, Nichols cancelled 5:15-9:05 & WF – 8:00-9:50 synchro	
Fri Dec 25, 2015	no skating – Christmas Day	
Sat Dec 26, 2015	no skating – Boxing Day	
Thu Dec 31, 2015	New Year's Eve (Thompson, Nichols & WF Synchro)	
Fri Jan 1, 2016	New Year's Day	
Fri Jan 8, 2016	5:15-8:05 pm Open and Extra Ice cancelled @ Nichols (hockey tournament)	
Sat Jan 9, 2016	CanSkate & Synchro @ Nichols	
Thu Jan 28, 2016	5:15-9:05 – regular sessions cancelled @ Nichols – STARSkate Test Day - WF still running	
Fri Jan 29, 2016	Open & Extra Ice @ Nichols	
Sat Jan 30, 2016	CanSkate & Synchro @ Nichols	
Mon Feb 15, 2016	5:00-5:50 pm -- Argyle only (Family Day)	
Sun Mar 6, 2016	Adult Social Ice Dance event – 2:00-4:05	
Sun Mar 20, 2016	Junior Olympics – time TBD	
Wed Mar 23, 2016	5:15-10:05 cancelled for Test Day	
Thu Mar 24, 2016	5:15-9:05 (Nichols cancelled only) for Test Day	
Fri Mar 25, 2016	no skating – Nichols – Good Friday	
Sat Mar 26, 2016	no skating – Nichols – Easter	
Sun Mar 27, 2016	no skating – Nichols -- Easter	
Mon Mar 28, 2016	no skating – Nichols and Argyle - Easter Monday	

**\*Last day of winter schedule is Thu Mar 31<sup>st</sup>, 2016\***

**'NO SKATING' DATES:** Please note that dates listed as 'no skating' dates on registration materials and the website are due to KNOWN ice cancellations, and were NOT included as part of your program fee. There will be no 'make-up' sessions for 'no skating' dates.

**CANCELLED SESSIONS:** Ice allocations are done by the city and are out of the control of the London Skating Club. Any changes or cancellations to our programs will be listed on the LSC bulletin boards at the arenas, LSC website, Facebook and Twitter accounts. Be aware that 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.



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## FALL/WINTER TICKET ICE: Sep 8 2015 - Mar 31 2016

Nichols begins Sep 8, Kinsmen begins Oct 5, Argyle begins Oct 7

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings	Kinsmen "B" 8:30-9:20 am Oct 5-Mar 28 *	Nichols "C" 8:00-9:20 am Sep 8-Mar 29	Argyle "A" 8:00-8:50 am Oct 7-Mar 25	Nichols "C" 8:00-9:50 am Sep 10-Mar 31	Nichols "C" 8:00-9:50 am Sep 11-Mar 25		
Afternoons	Nichols "B" 2:30-3:20 pm Sep 14-Mar 28		Nichols "C" 2:30-3:50 pm Sep 9-Mar 30		Nichols "C" 2:15-4:05 pm Sep 11-Mar 25		

### NOTES:

- CanSkate & Preliminary level skaters MUST be in a private lesson with their coach at all times while they are on the ice.
- Skaters in STARSkate Junior or STARSkate Senior under the age of 18 MUST have an adult/guardian present at all times.
- Adult session skaters and STARSkate skaters over the age of 18 are eligible to use this ice in accordance with Ticket Ice eligibility.
- No music equipment/personnel will be provided at these sessions.

### ELIGIBILITY TO USE TICKET ICE:

- The Fall/Winter Ticket Ice package, that includes all dates listed above, can be purchased for for \$150 if a skater has purchased at least 2 full regular skating sessions in the fall/winter season (including skating on a Synchronicity team).
- This Ticket Ice package can be purchased for \$620.00 you have not signed up for at least 2 full sessions.
- Skaters must be current members of Skate Canada, or new members will be required to pay the \$32.70 Skate Canada Membership fee for insurance purposes.
- THERE WILL BE NO PRO-RATING OF TICKET ICE FEES AND THERE IS NO GUEST SKATING PERMITTED!

### Ticket Ice 'No Skating Dates'

Sep 8, 2015-Mar 31, 2016

Mon Sep 14, 2015	Kinsmen (no ice in) 8:30-9:20 am
Wed Sep 16, 2015	Argyle (no ice in) 8:00-8:50 am
Fri Sep 18, 2015	all ticket ice sessions at Nichols cancelled – 8:00-9:50 and 2:30-3:50 pm
Mon Sep 21, 2015	Kinsmen (no ice in) 8:30- 9:20 am
Wed Sep 23, 2015	Argyle (no ice in) 8:00-8:50 am
Mon Sep 28, 2015	Kinsmen (no ice in) 8:30-9:20 am
Wed Sep 30, 2015	Argyle (no ice in) 8:00-8:50 am
Mon Oct 12, 2015	Thanksgiving – all sessions Kinsmen and Nichols cancelled
Fri Dec 5, 2015	all ticket ice sessions at Nichols cancelled – 8:00-9:50 & 2:30-3:50 pm (tournament)
Fri Dec 11, 2015	all ticket ice sessions at Nichols cancelled – 8:00-9:50 7 2:30-3:50 pm (tournament)
Fri Dec 25, 2015	Christmas Day – all sessions cancelled
Mon Dec 29, 2015	Kinsmen only 8:30-9:20 am cancelled
Fri Jan 1, 2016	New Year's Day – all sessions cancelled
Fri Jan 8, 2016	2:30-3:50 Nichols only cancelled (tournament)
Fri Jan 15, 2016	all ticket ice sessions at Nichols cancelled – 8:00-9:50 & 2:30-3:50 pm (tournament)
Fri Jan 23, 2016	2:30-3:50 Nichols only cancelled (tournament)
Fri Jan 29, 2016	2:30-3:50 Nichols only cancelled (tournament)
Fri Jan 30, 2016	2:30-3:50 Nichols only cancelled (tournament)
Mon Feb 15, 2016	Family Day – closed during day – open for evening sessions.
Thu Mar 24, 2016	8:00-10:00 am Nichols cancelled
Fri Mar 25, 2016	Good Friday – all cancelled
Mon Mar 28, 2016	Easter Monday – all cancelled

**\*Last day of ticket ice is Thu Mar 31, 2016\***

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