



London Skating Club

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

SPRING SKATING: April through June, 2016



SKATECANADA
LONDON SKATING CLUB

Evening Programs: April 18 to June 13 2016. STARSkate Test Day Tuesday June 14 2016

Ticket/Day Ice: April 4 to June 30 2016 (for qualified Preliminary, Junior, Senior & Adult STARSkaters)

SESSION	Monday	Tuesday	Wednesday	Thursday	Friday
CanSkate Group Lessons – Learn to Skate for Youth, Teens & Adults (ages 3 and up)					
Youth CanSkate: Ages 3 and up Includes PreCanSkate, CanSkate Stages 1-6 (Stage 5/6 also see Pre-Preliminary StarSkate) Teen/Adult CanSkate: Grade 9 and up		Nichols "A" 6:30-7:20 pm Apr 26 – Jun 7 No skating Apr 19, Jun 14	Nichols "A" 6:30-7:20 pm Apr 20 – Jun 8	Nichols "A" 5:00 – 5:50 pm Apr 21 – Jun 9 No skating Apr 28	
STARSkate Private Sessions – Recreational and Competitive Figure Skating for Youth, Teens & Adults					
Select Team <ul style="list-style-type: none">Invitation onlyLevel 1 must register for ONE CanSkate and ONE Select sessionLevel 2 must register for BOTH Mon & Thurs	Nichols "A" 5:00-5:20 Dance ADD-ON (optional) 5:20-6:20 pm on-ice (flood 5:50-6:00) 6:40-7:10 pm off-ice training Apr 18 – Jun 13 No skating May 23			Nichols "A" 5:40-6:10 pm off-ice training 6:20-7:20 pm on-ice (flood 6:50-7:00) Apr 21 – Jun 9 No skating Apr 28	
Pre-Preliminary Groups	Nichols "A" 5:20-6:20 pm on-ice (flood 5:50-6:00) Apr 18 – Jun 13 No skating May 23			Nichols "A" 6:20-7:20 pm on-ice (flood 6:50-7:00) Apr 21 – Jun 9 No skating Apr 28	
Preliminary / Junior A Groups	Nichols "A" 5:00-5:20 Prelim/Jr A ONLY for dance 5:20-6:20 pm on-ice (flood 5:50-6:00) Apr 18 – Jun 13 No skating May 23			Nichols "A" 6:00-6:20 Prelim/Jr A ONLY for dance 6:20-7:20 pm on-ice (flood 6:50-7:00) Apr 21 – Jun 9 No skating Apr 28	
STARSkate Private Sessions – Recreational and Competitive Figure Skating for Youth, Teens & Adults					
Preliminary Private Session	* See OPEN session *	Nichols "A" 5:00-6:30 pm (flood 5:50-6:00) Includes Stroking Apr 26 – Jun 7 No skating Apr 19, Jun 14	* See OPEN session *		
Junior A Private Session	* See OPEN session *		* See OPEN session *		
Junior B Private Session	* See OPEN session *		* See OPEN session *	Nichols "A" 7:20-8:50 pm (flood 7:50-8:00) No Stroking	
Senior Private Session	Nichols "A" 6:20-7:50 pm (no flood) No Stroking Apr 18 – Jun 13 No skating May 23	Nichols "A" 7:20-8:50 pm (flood 7:50-8:00) Includes Stroking Apr 26 – Jun 7 No skating Apr 19, Jun 14	* See OPEN session *	Apr 21 – Jun 9 No skating Apr 28	
Open Private Session	Nichols "A" 8:00-8:50 pm Apr 18 – Jun 13 No skating May 23		Nichols "A" 5:00-6:30 pm (flood 5:50-6:00) No Stroking Apr 20 – Jun 8		
Adult Skating Opportunities					
Teen/Adult CanSkate Grade 9 and up * shared ice with children 3 and up *		Nichols "A" 6:30-7:20 pm Apr 26 – Jun 7 No skating Apr 19, Jun 14	Nichols "A" 6:30-7:20 pm Apr 20 – Jun 8	Nichols "A" 5:00 – 5:50 pm Apr 21 – Jun 9 No skating Apr 28	
Adult StarSkate Age 17 and up			Nichols "A" 7:20-8:50 pm (flood 7:50-8:00) Includes Stroking Apr 20 – Jun 8	Thompson 10:00-11:50am Includes stroking *Apr 7-28 ONLY*	
CanPowerSkate: Power skating for hockey and ringette skill development					
CanPowerSkate	<i>Guest skating with private coach on Open session * Schedule above * Contact Office to register</i>		<i>Guest skating with private coach on Open session * Schedule above * Contact Office to register</i>		
Synchronized Skating – Synchronicity Synchronized Skating Teams for Youth, Teens & Adults					
Synchronicity Tryouts - more information to follow on website		Nichols "A" 5:00-9:00 pm April 19 ONLY		Nichols "A" 5:00-9:00 pm April 28 ONLY	
Program Locations					
CanSkate, STARSkate, Adult Wed evenings: Nichols Arena 'A' Pad, 799 Homeview Rd			AdultSkate Thursday morning: Thompson Arena, Western University, Western Rd @ Sarnia		



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Skating Qualifications for our Skating Programs

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 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. 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 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 may also qualify to skate on any STARSkate session for which they are qualified.

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

CanPowerSkate: Power skating for hockey and ringette development

Formal CanPowerSkate programming resumes Oct 2016.

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 OPEN StarSkate sessions through the Spring, 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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Spring TICKET ICE: April 4 – June 30 2016, no skating May 23

SESSION	Monday	Tuesday	Wednesday	Thursday	Friday
Ticket Ice Only – April 4 to June 30 Only qualified skaters are entitled to use this ice.	<u>Nichols "A"</u> 8:00-9:50 am		<u>Nichols "A"</u> 2:30-3:50 pm	<u>Nichols "A"</u> 8:00-9:50 am 2:30-3:50 pm	<u>Nichols "A"</u> 8:00-9:50 am

Ticket Ice 'No Skating' Dates:

- Wed Apr 6, 2016 Nichols 2:30-3:50 pm – Ringette Championships
- Thu Apr 7, 2016 Nichols 8:00-9:50 am – Ringette Championships
- Mon May 23, 2016 Nichols 8:00-9:50 am – Victoria Day

Ticket Ice: For figure skaters looking for daytime practice ice in addition to, or instead of, formal London Skating Club skating programs.

Who can skate on day/ticket ice?

- CanSkate, PrePreliminary & 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 A/B 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 may use the ice unsupervised

Conditions of Use:

- Skaters must be current members of Skate Canada, and have paid the \$32.70 Skate Canada Membership fee for the 2015-2016 skating season
- No guest skating permitted on ticket ice
- No music equipment/personnel will be provided on Ticket ice sessions
- See <https://www.londonskatingclub.com/pages/Members-Info/No-Skating-Dates/> for the most current list of 'no skating' dates for Ticket Ice

Safety Considerations:

- Skaters may not enter the ice surface before the stated session start time
- Skaters may not remain on the ice after the stated session end time
- Skaters may not occupy the ice surface when the Zamboni doors are open, or when the Zamboni is on the ice
- Any skater not abiding by the above rules will not be covered under their Skate Canada member's insurance, and may result in the London Skating Club's Ticket Ice privileges being revoked
- Any skater observed to be breaking these important safety rules (as reported by a coach, board member, or concerned parent) will be issued a warning upon the first offence/complaint. A second offence/complaint will result in the skater being removed from ticket ice for the duration of the season. Ticket ice fees will NOT be refunded if a skater is removed due to violation of the conditions of use.