



LONDON SKATING CLUB

Learn for Fun. Live to Skate. Skate for Life.



SKATECANADA

A Skate Canada member club since 1907.

SUMMER 2016 PROGRAMMING

Evening Programs @ Nichols Arena 'A' Pad: 799 Homeview Road, London (Monday, Tuesday and Thursday evenings)

Daytime Program @ London Sports Park (formerly Brookside Arena) 99 Brookside Street, London (Wednesday mornings)

STARSkate Test Day: Thurs Aug 4, 5:00-8:50pm

Session	Monday EVENING PROGRAMS	Tuesday EVENING PROGRAMS	Wednesday DAY PROGRAM	Thursday EVENING PROGRAMS
choose all dates or make your own package	Nichols Arena "A" Pad	Nichols Arena "A" Pad	London Sports Park	Nichols Arena "A" Pad
	6 weeks Jun 20 - Jul 25 No skating: Aug 1	6 weeks Jun 28 - Aug 2	5 weeks Jul 6 - Aug 3	5 weeks Jun 30 - Jul 28
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		6:30-7:20 pm	With private coach & permission, on Open Session (below) Contact Office to register.	5:00 – 5:50 pm NEW
STARSkate Group Lessons – Learn to Figure Skate				
PrePreliminary Group Lesson	Off-ice 5:20-5:50 pm On-ice 6:20-7:20 pm		With private coach and permission, on Open Session (below) Contact office to register	Off-ice 5:20-5:50 pm On-ice 6:20-7:20 pm
Preliminary Group Lesson	Off-ice 5:20-5:50 pm On-ice 6:00-7:20 pm			Off-ice 5:20-5:50 pm On-ice 6:00-7:20 pm
Select Team: Level 1 Invitation only. Recommended to skate at 2x a week if possible.	Off-ice 5:20-5:50 pm On-ice 6:20-7:20 pm			Off-ice 5:20-5:50 pm On-ice 6:20-7:20 pm
Select Team: Level 2/3 Invitation only. Recommended to skate at 2x a week if possible.	Off-ice 5:20-5:50 pm On-ice 6:00-7:20 pm			Off-ice 5:20-5:50 pm On-ice 6:00-7:20 pm
STARSkate Private Sessions – Recreational and Competitive Figure Skating for Youth, Teens & Adults				
Preliminary Private Session		* See OPEN session *	* See OPEN session *	
Junior A Private Session	Off-ice: 6:00-7:00 pm On-ice: 7:20-8:50 pm (flood 7:50-8:00)	* See OPEN session *	* See OPEN session *	Off-ice: 6:00-7:00 pm On-ice: 7:20-8:50 pm (flood 7:50-8:00)
Junior B Private Session		* See OPEN session *	* See OPEN session *	
Senior Private Session		* See OPEN session *	* See OPEN session *	
Open Private Session		On-ice: 5:00-6:30 pm (flood 5:50-6:00) Off-ice: 6:40-7:40 pm	On-ice: 8:00-9:50 am Off-Ice: 10:00-11:00 am	
Adult Skating Opportunities				
Teen/Adult CanSkate Grade 9 and up * shared ice with children 3 and up *		6:30-7:20 pm		5:00 – 5:50 pm
Adult StarSkate Age 17 and up		7:20-8:50 pm (flood 7:50-8:00)		
CanPowerSkate – Power Skating Private Lessons				
CanPowerSkate	* Full CanPower programming resumes Oct 2016 *		With private coach and permission only, on Open Session (above) Contact office to register	

- 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 2016 Programs to begin in late May @ www.londonskatingclub.com/registration
- Purchase 6 FULL skating dates from above programs to be eligible for discounted August ticket ice (registration in mid-July)

Skating Summer Camp: Aug 8-12 **NEW for 2016**

in partnership with Dance Essence Studio

	Mon Aug 8	Tues Aug 9	Wed Aug 10	Thu Aug 11	Fri Aug 12
PrePreliminary (CanSkate Stage 5-6) to Senior STARSkate (ages 5-12)	8:30 am - 4:30 pm	8:30 am - 4:30 pm	8:30 am - 4:30 pm	8:30 am - 4:30 pm	8:30 am - 4:30 pm

www.londonskatingclub.com/pages/STARSkate/SummerCamp for more info and to register

London Skating Club • P.O. Box 9011, Sub Stn 40, London, ON, Canada N6E 1V0

Tel: 519-681-2640 • www.londonskatingclub.com • info@londonskatingclub.com



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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 Summer, for a fee 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.