



# LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



## FALL/WINTER SKATING: Sep 6 2016 - Mar 30 2017

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 Preliminary StarSkate	<b>Argyle "A"</b> Fall/Wtr: Oct 3-Mar 27 Fall: Oct 3-Dec 19 Winter: Jan 9-Mar 27 5:00-5:50 pm		<b>Nichols "C"</b> Sep 7-Mar 29 5:15-6:05 pm	<b>Nichols "C"</b> Oct 6-Mar 30 6:45-7:35 pm		<b>Nichols "C"</b> Fall/Wtr: Sep 10-Mar 25 Fall: Sep 10-Dec 17 Winter: Jan 14-Mar 25 9:15-10:05 am OR 10:15-11:05 am <b>"NEW"</b>	<b>Nichols "C"</b> Fall/Wtr: Sep 11-Mar 19 Fall: Sep 11-Dec 18 Winter: Jan 15-Mar 19 8:15-9:05 am
<b>Parent and Tot CanSkate</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>Preliminary CanSkate Level 4 complete</b>			<b>Nichols "C"</b> Sep 7-Mar 29 6:15-7:05 pm on-ice 7:20-7:50 pm off-ice	<b>Nichols "C"</b> Sep 8-Mar 30 5:15-6:35 pm			
<b>Junior / Senior</b>					<b>Nichols "C"</b> <b>"NEW"</b> Fall only: Sep 16-Dec 23 8:15-9:05 pm		
<b>Select Team GROUP Lessons– Accelerated/PreCompetitive Figure Skating (by invitation only)</b>							
<b>Level 1</b> Fri Select + ONE CanSkate session					<b>Nichols "C"</b> Sep 16-Mar 24 6:00-6:30 off-ice 6:45-8:05 pm on-ice	See note on Sun →	<b>Nichols "C"</b> 10:45 am-12:05 pm Sep 11, Dec 4 & 18, Jan 29 ONLY (incl in Fri fee)
<b>Level 2</b> Fri + Wed Select			<b>Nichols "C"</b> Sep 7-Mar 29 6:15-7:05 pm on-ice 7:20-7:50 pm off-ice		<b>MANDATORY</b> for all Select skaters  Plus: Sun Sep 11, Dec 4 & 18, Jan 29 10:45 am-12:05 pm Select 1 & 2	See note on Sun →	<b>Nichols "C"</b> 10:45 am-12:05 pm Sep 11, Dec 4 & 18, Jan 29 ONLY (incl in Fri fee)
<b>Level 3</b> Fri Select + 2 add'l sessions/week (synchro may count as one)		<b>Nichols "C"</b> Sep 6-Mar 28 5:15-6:35 pm on-ice (stroking @ 6:25-6:35) 6:45-7:15 pm off-ice					<b>Nichols "C"</b> 10:45 am-12:05 pm on-ice (stroking @ 11:55-12:05) 12:15-12:45 pm off-ice Sep 11-Mar 26
<b>STARSkate PRIVATE Sessions – Recreational and Competitive Figure Skating for Youth, Teens &amp; Adults</b>							
<b>Preliminary</b>							<b>Nichols "C"</b> Sep 11-Mar 19 10:45 am-12:05 pm (stroking @ 11:55-12:05)
<b>Junior A</b>		<b>Nichols "C"</b> Sep 6-Mar 28 5:15-6:35 pm (stroking @ 6:25-6:35)		<b>Nichols "C"</b> Sep 8-Mar 30 7:45-9:05 pm (NO Stroking)	<b>Nichols "C"</b> <b>110 Gala Practice</b> Jan 6-Mar 24 Exact dates tba 8:15-9:05 pm		
<b>Junior B</b>							<b>Nichols "C"</b> Sep 11-Mar 19 9:15-10:35am (stroking @ 9:15-9:25)
<b>Senior</b>			<b>Nichols "C"</b> Sep 7-Mar 29 7:15-8:35 pm (NO stroking)				
<b>Open session</b>				<b>Nichols "C"</b> Sep 8/15/22/29 only 6:45-7:35 pm	<b>Nichols "C"</b> Sep 9-Mar 24 5:15-6:35 pm		
<b>Adult Skating Opportunities</b>							
<b>Teen/Adult CanSkate</b> - Grade 9 and up	<b>Argyle "A"</b> Fall/Wtr: Oct 3-Mar 27 Fall: Oct 3-Dec 19 Winter: Jan 9-Mar 27 5:00-5:50 pm		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> Fall/Wtr: Sep 11-Mar 19 Fall: Sep 11-Dec 18 Winter: Jan 15-Mar 19 8:15-9:05 am
<b>Adult StarSkate</b> - age 17 and up				<b>Thompson/UMO</b> Oct 6-Mar 30 10:00-11:50 am			<b>Nichols "C"</b> Sep 11-Mar 19 12:15-1:35 pm
<b>CanPowerSkate: Power skating for hockey and ringette skill development</b>							
		<b>Nichols "C"</b> Fall: Oct 4-Dec 20 Winter: Jan 10-Mar 28			Guest skating with private coach on Open session * Schedule above * Contact Office to register		
<b>CanPower A</b>		6:45-7:25 pm					
<b>CanPower B</b>		7:25-8:05 pm					
<b>CanPower C</b>		8:15-9:05 pm					



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SKATECANADA

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SynchroSkate: Synchronicity Synchronized Skating Teams</b>							
	Nichols "C" Sep 12-Mar 27	Nichols "C" Sep 13/20/27 only	Nichols "C" Sep 7-Mar 29	Western Fair Oct 6-Mar 30		Nichols "C" Sep 10-Mar 25	Nichols "C" Sep 11-Mar 19
Beginner I Stars						11:15 am-12:05 pm	
Beginner I						11:15 am-12:05 pm	
Beginner II	5:15-6:05 pm						
Elementary	6:15-7:05 pm						1:45-3:05 pm
Novice	7:15-9:05 pm						3:15-5:05 pm
Intermediate		6:45-9:05 pm		8:00-10:00 pm			5:15-7:45 pm
Adult I			8:45-10:05 pm				
Adult III							9:15-10:05 pm
Adult skills							7:45-9:05 pm

## Fall/Winter StarSkate Important Dates/Special Programming

Tue Sep 6	6:45-9:05 pm	PA training (CanSkate)
Sun Oct 23	8:15 am-1:45 pm	STARSkate Test Day
Sun Nov 27	tba	Synchronicity Kick off Gala
Fri Dec 2	6:45-9:05 pm	Competition Simulation
Thu Dec 8	5:15-9:05 pm	STARSkate Test Day
Tue Feb 7	5:15-6:35 pm	STARSkate Test Day
Wed Feb 8	5:15-8:35 pm	STARSkate Test Day
tba	tba	Adult Social Ice Dance
Sun Mar 26	8:15 am- 10:05pm	110th Anniversary Show at Thompson Arena

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

Sep 6, 2016 - Mar 30, 2017

\*note that Argyle Monday nights, Western Fair and Thompson arena ice don't start until the week of Oct 3\*

Fri Sep 9	7:15-9:05 pm only	No skating
Sat Oct 8	9:15 am-12:05 pm	Thanksgiving weekend
Sun Oct 9	8:15 am-10:05 pm	Thanksgiving weekend
Mon Oct 10	Argyle @ 5:00-5:50 pm Nichols @ 5:15-9:05 pm	Thanksgiving weekend
Sun Oct 23	8:15 am-1:45 pm	STARSkate Test Day
Thu Nov 18	Western Fair @ 8:00-9:50 pm	No skating
Sun Nov 27	3:00 pm	Synchronicity Kick off Gala
Fri Dec 2	6:45-9:05 pm, Select & Jr/Sr Groups cancelled	Competition Simulation
Sat Dec 3	9:15 am-12:05 pm	No skating
Thu Dec 8	5:15-9:05 pm	STARSkate Test Day
Thu Dec 15	Nichols @ 5:15-9:05 pm	No skating
Fri Dec 16	5:15-9:05 pm	No skating
Dec 24-Jan 8	All formal programs (ticket ice excluded)	Christmas break *NEW*
Fri Jan 27	5:15-9:05 pm	No skating
Sat Jan 28	9:15 am-12:05 pm	No skating
Tue Feb 7	5:15-6:35 pm ONLY	STARSkate Test Day
Wed Feb 8	CanSkate, Prel/Select, Sr cancelled – 5:15-8:35 pm	STARSkate Test Day
Sat Feb 18	9:15-12:05 pm	Family Day weekend
Sun Feb 19	8:15 am-10:05 pm	Family Day weekend
Mon Feb 20	Argyle @ 5:00-5:50 pm Nichols @ 5:15-9:05 pm	Family Day weekend
Sun Mar 26	Time to be announced	110th Anniversary Show at Thompson Arena

**\*Last day of winter schedule is Thu Mar 30, 2017\***

**'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 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 6 2016 - Mar 29 2017

Nichols begins Sep 6, Argyle begins Sep 7, Kinsmen begins Sep 19

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings	<b>Kinsmen "B"</b> 8:30-9:20 am Sep 19-Mar 27 *	<b>Nichols "C"</b> 8:00-9:20 am Sep 6-Mar 28	<b>Argyle "A"</b> 8:00-9:50 am Sep 7-Mar 29	<b>Nichols "C"</b> 8:00-9:50 am Sep 8-Mar 23	<b>Nichols "C"</b> 8:00-9:50 am Sep 9-Mar 24
Afternoons	<b>Nichols "B"</b> 2:30-3:20 pm Sep 12-Mar 27		<b>Nichols "C"</b> 2:30-3:50 pm Sep 7-Mar 29		<b>Nichols "C"</b> 2:15-4:05 pm Sep 16-Mar 24

### NOTES:

- CanSkate, Preliminary and Select Levels 1 & 2 skaters MUST be in a private lesson with their coach at all times while they are on the ice.
- Skaters in STARSkate Junior, STARSkate Senior, or Select Level 3 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 \$175 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 \$650 if you have not signed up for at least 2 FULL LENGTH Fall/Winter programs.
- Skaters must be current members of Skate Canada, or new members will be required to pay the \$35.70 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 12 2016 - Mar 29 2017

Mon Oct 10	Kinsmen @ 8:30-9:20 am & Nichols @ 2:30-3:20 pm	Thanksgiving
Fri Oct 14	Nichols @ 8:00-9:50 am & 2:15-4:05 pm	No skating
Fri Dec 2	Nichols @ 8:00-9:50 am & 2:15-4:05 pm	No skating
Thu Dec 8	Nichols @ 8:00-9:50 am only	No skating
Fri Dec 16	Nichols @ 8:00-9:50 am & 2:15-4:05 pm	No skating
Mon Dec 26	Kinsmen @ 8:30-9:20 am & Nichols @ 2:30-3:20 pm	Boxing Day
Fri Jan 6th	Nichols @ 8:00-9:50 am & 2:15-4:05 pm	No skating
Fri Jan 13	Nichols @ 8:00-9:50 am & 2:15-4:05 pm	No skating
Fri Jan 20	Nichols @ 2:15-4:15 only	No skating
Fri Jan 28	Nichols @ 2:15-4:15 only	No skating
Fri Feb 3	Nichols @ 2:15-4:15 only	No skating
Mon Feb 20	Kinsmen @ 8:30-9:20 am & Nichols @ 2:30-3:20 pm	Family Day

**\*Last day of ticket ice is Thu Mar 29, 2017\***

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**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.

## Winter Holiday Special Ticket Ice Package \* NEW\*

Tue Dec 27	1:00-3:00 pm	Nichols A
Wed Dec 28	11:00 am-1:00 pm	Nichols A
Thu Dec 29	2:00-4:00 pm	Nichols A
Fri Dec 30	11:00 am-1:00 pm	Nichols A
Mon Jan 2	11:30 am-1:30 pm	Nichols B
Tue Jan 3	11:30 am-1:30 pm	Nichols B
Wed Jan 4	11:00 am-1:00 pm	Nichols A
Thu Jan 5	2:00-4:00 pm	Nichols A

- For club skaters that haven't purchased regular season ticket ice, as well as out of town/out of club skaters looking for ice over the holidays
- Price = \$8 per 2 hour session. Skaters must register for each session separately. To register, enter HOLIDAY in Quick Search box in registration window.



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- Those that purchase this special package will NOT be permitted to skate on regular club ticket ice



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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, and Parent & Tot) 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.

**Parent and Tot PreCanSkate:** For skaters 3 to 5 years of age, with little or no skating experience, with the assistance of a parent/guardian/caregiver. 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 may progress directly into the main CanSkate program upon mastering the Parent and Tot program.

#### Requirements for parent/caregiver:

- The parent/caregiver (adult) must be over the age of 18, and comfortable enough skating to assist their child on the ice. The parent/guardian must be on the ice with the child at all times.
- BOTH child and adult MUST purchase a Skate Canada membership (adult membership added upon registration in ADULT portion of program).
- ONE parent/guardian must register for EACH child on the ice, and the same adult must assist each week as the Skate Canada membership is non-transferrable.

**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 during the 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.

**Select team Level 1 skaters** must skate on at least **TWO** sessions per week in the 2016-17 Fall/Winter season: this Friday Select Group session is MANDATORY. Level 1 skaters must also skate on one full year CanSkate session of their choice.

**Select team Level 2 skaters** must skate on least **TWO** sessions per week in the 2016-17 Fall/Winter season: this Friday Select Group session is MANDATORY. Level 2 skaters must also skate on the Wednesday evening Select Group session.

**Select team Level 3 skaters** must skate on at least **THREE** sessions per week in the 2016-17 Fall/Winter season: this Friday Select Group session is MANDATORY. Level 3 skaters can also skate on the Tuesday evening and Sunday morning Select Group sessions. Skating on Synchronicity Synchronized Skating Team(s) may choose to count Synchro as ONE of the THREE required sessions, and choose between Tuesday and Sunday sessions (however skating on three Select sessions are encouraged for maximum skater development).

#### **PRELIMINARY:**

**Group Lessons:** A skater may move to STARSkate group figure skating lessons as early as completion of CanSkate Stage 4. Preliminary 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



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## **Skating Qualifications, cont'd**

- **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.

### **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.

**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 A: Pre-Power & CanPower Level I**

- Hockey players who are new to CanPower: should be between the ages of 5 and 9, and meet the minimum skating requirements.
- Hockey players previously in CanSkate: must have passed a minimum of Can Skate 4, and playing hockey.
- For hockey players returning to CanPower: any players who have not yet achieved Level 1 Silver.

All skaters will be assessed on their first session to make sure that they have sufficient skills for the program.

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

- Hockey players who are new to CanPower: should be aged 10 and up, and meet the minimum skating requirements.
- For hockey players returning to CanPower: must have passed a minimum of Level 1 Silver, and have not yet achieved Level 2 Gold.

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

- For hockey players returning to CanPower: must 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 (Session I/II) or \$25 (Session III), 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 payable for time skated, plus private lesson fees paid directly to your coach.

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