



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



SKATECANADA

SUMMER EVENING PROGRAMS: Jun 26 - Aug 2 2017, STARSkate Test Day Aug 3						
choose all dates or make your own package	Monday Jun 26-Jul 31	Tuesday Jun 27-Aug 1	Wednesday Jun 28-Aug 2	Thursday Jun 29-Jul 27 <i>No skating Aug 3 (Test Day)</i>	Friday	
CanSkate Group Lessons – Learn to Skate for Youth, Teens & Adults (ages 3 and up)						
Youth/Teen/Adult CanSkate Age 3 and up			Nichols "B" 6:30-7:20 pm			
STARSkate GROUP Lessons – Learn to Figure Skate						
Preliminary / Junior A Groups CanSkate Level 4 complete				Nichols "A" 6:30-7:20 pm		
Select Team GROUP Lessons– Accelerated/Pre-Competitive Figure Skating (by invitation only)						
Level 1 Tue and Thu groups: 8 sessions strongly recommended						
Level 2 Tue and Thu groups: 8 sessions strongly recommended	Qualified skaters see Jr A/B/Senior Private session (below), if additional sessions with private coach desired		Nichols "A" 5:00-6:50 pm on-ice 5:00-5:20 group stroking <i>(no private lessons)</i> 5:20-6:50 select group <i>(Private lesson cap 15 min)</i>		Nichols "A" 5:00-6:30 pm on-ice <i>(flood @ 5:50-6:00)</i> <i>No private lessons</i>	
Level 3 Tue and Thu groups: 8 sessions strongly recommended			Nichols "A" 7:00-8:50 pm on-ice 7:00-8:30 select group <i>(Private lesson cap 15 min)</i> 8:30-8:50 group stroking <i>(no private lessons)</i> <i>(flood @ 7:50-8:00)</i>	Qualified skaters see Open Private session (below), if additional sessions with private coach desired		
Level 4 Tue and Thu groups: 8 sessions strongly recommended						
STARSkate PRIVATE Sessions – Recreational and Competitive Figure Skating for Youth, Teens & Adults						
Preliminary				<i>See OPEN session</i>		
Junior A	Nichols "A" 6:00-7:20 pm No Stroking		Nichols "A" 5:00-6:50 pm on-ice 5:00-5:20 group stroking <i>(no private lessons)</i>	<i>See OPEN session</i>		
Junior B			Nichols "A" 7:00-8:50 pm *8:30-8:50 group stroking* <i>(no private lessons)</i>	Nichols "A" 7:20-8:50 pm <i>(flood @ 7:50-8:00)</i> *8:40-8:50 group stroking*		
Senior						
Open session			Nichols "B" 5:00-6:20 pm <i>(flood 6:20-6:30)</i> No Stroking			
Adult Skating Opportunities						
Teen/Adult CanSkate - Grade 9 and up			<i>Shared groups with youth CanSkate – see above</i>			
Adult StarSkate (age 17 and up) Structure: 7:20-7:35 group stroking, 7:35-8:20 free skate, 8:20-8:50 dance	Nichols "A" 7:20-8:50 pm					
SPECIAL PROGRAMS						
Off-Ice Power and Presentation School for Skaters with Roselle Doyle: Jul 5 – Aug 9						
Ages 10 – 18 Must be working on axel or above			Dance Essence Studio 4:30-6:30 pm Jul 5-Aug 9			
Skating Summer Day Camp: Aug 14-18						
Preliminary (CanSkate Stage 5-6) to Senior STARSkate (ages 5-14)	Nichols Arena 8:30 am-4:30 pm Aug 14	Nichols Arena 8:30 am-4:30 pm Aug 15	Nichols Arena 8:30 am-4:30 pm Aug 16	Nichols Arena 8:30 am-4:30 pm Aug 17	Nichols Arena 8:30 am-4:30 pm Aug 18	
Summer Competitive Ticket Ice (Pilot program): Jul 3 – Aug 4						
Competitive Ticket ice	Nichols "A" 10:00 am-11:50 am Jul 3-31 <i>No skating Jul 24</i>	Nichols "A" 2:00-3:50 pm Jul 4-Aug 1	Nichols "A" 2:00-3:50 pm Jul 5-Aug 2	Nichols "A" 2:00-3:50 pm Jul 6-Aug 3	Nichols "A" 2:00-3:50 pm Jul 7-Aug 4	
Late Summer Ticket Ice: Aug 9-31						
Late Summer Ticket Ice	Nichols "A" 8:00-9:50 am Aug 14-28		Nichols "A" 2:30-3:50 pm Aug 9-30	Nichols "A" 8:00-9:50 am & 2:30-3:50 pm Aug 10-31		



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Summer Program Ice 'No Skating Dates'

Thurs Aug 3	5:00-8:50 pm	STARSkate Test Day
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'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.

Special Programming for Summer 2017

SUMMER COMPETITIVE TICKET ICE: Jul 3 – Aug 4, 2017

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Competitive Ticket ice	Nichols "A" 10:00 am-11:50 am No skating Jul 24	Nichols "A" 2:00-3:50 pm	Nichols "A" 2:00-3:50 pm	Nichols "A" 2:00-3:50 pm	Nichols "A" 2:00-3:50 pm

**** ONLY for skaters competing at the Star 7 or Juvenile levels or higher intended for preparation for summer/fall competitions ****

ELIGIBILITY TO USE SUMMER COMPETITIVE TICKET ICE:

- This ticket ice package is designed for competitive skaters who are preparing to compete in Summer/Fall 2017 competitions
- Skaters must intend to compete at the Star7 or Juvenile levels (or higher) in the upcoming competition season
- Freeskate practice ONLY (ice not intended for test preparation, or skills/interpretive competition)

PRICING FOR COMPETITIVE TICKET ICE:

- Qualified skaters can purchase the Competitive Ice package, including all of the dates above, for \$400
- This special package is not discountable, and does not contribute to multi-session discounts or Late Summer Ticket Ice discount

LATE SUMMER TICKET ICE: Aug 9 – Aug 31, 2017

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Late Summer Ticket Ice	Nichols "A" 8:00-9:50 am Aug 14-28		Nichols "A" 2:30-3:50 pm Aug 9-30	Nichols "A" 8:00-9:50 am AND 2:30-3:50 pm Aug 10-31	

ELIGIBILITY TO USE LATE SUMMER TICKET ICE:

- All CanSkate, Preliminary and Select Level 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 & 4 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 (Adults skating at CanSkate and Preliminary skating levels MUST be in a private lesson with their coach, and cannot skate unattended).

PRICING FOR LATE SUMMER TICKET ICE:

- The Late Summer Ticket Ice package, that includes all dates listed above, can be purchased for:
 - \$50 if a skater has purchased at least 6 full regular skating sessions in the Summer season (guest skating excluded)
 - \$220 if a skater has NOT purchased at least 6 full regular skating sessions in the Summer season

Ticket Ice Rules (applies to both Competitive and Late Summer Ticket Ice):

- No music equipment/personnel will be provided at these sessions
- 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!



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Off-Ice Power and Presentation School for Skaters with Roselle Doyle: Jul 5 – Aug 9

Ages 10 – 18 Must be working on axel or above			<u>Dance Essence Studio</u> 4:30-6:30 pm Jul 5-Aug 9		
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Unique training and off-ice techniques to bring out skaters on-ice personality, artistic skills while focusing on technical prowess and skating strengths.

A NEW skating initiative this summer for London Skating Club Skaters. Offered in addition to regular daytime and evening summer skating programs.

Location: Dance Essence Studio (Plaza next to Arena in Herm's Building located at 820 Wharncliffe Rd S, Unit 22, London ON N6J 2N4)

Who can attend this program?

If you are ready to work hard, and train like an elite athlete, this program is for you! We welcome competitive skaters aged 10-18 who are working on axel or above.

Program details:

Classes with Roselle will focus on things such as posture, line, extension, expression, fluidity and movement vocabulary. Working with musicality and the creative improv side & characterization of movement, as well as translate ballet and dance knowledge onto the ice.

Classes with Glen will teach exercises that increase tenacity, muscle explosion, mental toughness, confidence and focus, balance and core + upper and lower body strength. Glen uses exercises that are directly conducive to the sport of skating and related to his many experiences with professional athletes.

What to wear? Skaters must wear ballet slippers or socks for the off-ice Presentation portion and must wear all black attire (any combination: i.e.: black leggings, black tank top etc). Skaters must wear running shoes for the Power (kung-fu cross-training) portion.

Note: This is for serious competitive skaters, and they must be prepared to follow our set of rules and guidelines, that include respect, timeliness, neat attire, and a diligent work ethic.

Skating Summer Day Camp: Aug 14-18

Preliminary (CanSkate Stage 5-6) to Senior STARSkate (ages 5-14)	Nichols Arena 8:30 am-4:30 pm Aug 14	Nichols Arena 8:30 am-4:30 pm Aug 15	Nichols Arena 8:30 am-4:30 pm Aug 16	Nichols Arena 8:30 am-4:30 pm Aug 17	Nichols Arena 8:30 am-4:30 pm Aug 18
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In partnership with [Dance Essence Studio](#)

This camp is open to Preliminary to Senior Level STARSkate Skaters (between the ages of 5-14) at the London Skating Club. Preliminary skaters must have completed CanSkate Stage 4.

What to bring:

- Skates, fitted clothing for dance studio and off-ice jump class (ie: yoga wear)
- Water, lunch, snacks.
- CSA approved hockey helmets MANDATORY for Preliminary STARSkaters until completion of CanSkate Stage 5.

Program Details:

On-ice Instruction: Will be provided by three London Skating Club coaches. Stroking, edges, jump, spins, field moves, ice dance and skating skills.

- **Private coaching:** Skaters may choose to hire a professional LSC coach at an additional fee to supplement group lessons.

- **Individual practice:** Skaters will be encouraged to practice on their own for approximately 20 minutes of the 3 hours on the ice. This time is worthwhile to go over the new skills learned and build the focus and self-direction important to our sport in a practice setting. Coaches will be present on the ice, and assist skaters during this time.

Dance Essence Classes:

- **Ballet:** Ballet is the foundation of all other dance forms. Strength, control, balance, line, and coordination are developed alongside musicality and artistry. Posture, flexibility and musicality will be focused on during ballet classes at Dance Essence.
- **Acro:** Acro for skaters focuses on strength, flexibility and focus on the on-ice spin positions, flexibility for field movements and stamina that help with skater development. We will focus on back, arm and leg strength as well as back flexibility.
- **Dance Improv:** Moving to various styles of music enhances skaters ability to interpret music on ice and prepare for the artistic expectations.





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Notes about Summer 2017 programming:

Guest Skating: Contact the office to guest skate, prior to the day of the skating, to confirm space is available on the desired session. Guest skaters must register and submit payment (cheque only, or request invoice) at the music booth on qualifying private STARSkate sessions. Guest skating is not permitted on CanSkate, Preliminary or Select group sessions.

- Full session: \$35
- 1 Hour \$25
- 1/2 hour: \$15

Discounts for 2017 Summer:

Multi session discounts:

- Purchase 5-9 full evening skating sessions at the same time (on the same invoice), and receive 5% off each evening session purchased.
- Purchase 10 or more full evening skating sessions at the same time (on the same invoice), and receive 10% off each evening session purchased.

NOTE: if sessions are purchased on multiple invoices, the multi-session discount WILL NOT be applied, and the office WILL NOT manually apply this discount after registration.

Multi skater (family) discount:

- is not offered in the summer season

Exclusions:

- Summer Skating Camp, Off-Ice Power and Presentation School for Skaters with Roselle Doyle, and Competitive Ticket Ice are exempt from any discounts, and do not contribute as eligible programs for any multi session discounts.

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.

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, and may be placed in their own group only if numbers warrant.



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STARSkate: Figure skating for youth and adults

SELECT Levels 1-4: An accelerated learn to figure skate program for young skaters, by invitation or coach recommendation only. Off-ice participation is mandatory when offered. All Select skaters are strongly encouraged to skate on at least 8 Tuesday and Thursday Select group sessions in the 2017 Summer season. Skaters wishing additional ice time beyond group sessions should consult their private coach, and may enroll in any STARSkate private session for which they are qualified.

- *If unsure of your Select team level, please consult your select group coach.*

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 a 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.

CanPowerSkate: Power skating for hockey and ringette development

Formal CanPowerSkate programming resumes Oct 2017

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 of \$15/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.