



# LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



SKATECANADA

## FALL/WINTER SKATING: All sessions NICHOLS ARENA unless specified otherwise

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 STAR 1	<b>ARGYLE</b> 5:00-5:50 pm <b>Combined group with youth CanSkate</b>  <i>Fall &amp; Winter Oct 1 – Mar 25                      Fall Only Oct 1 – Dec 17                      Winter Only Jan 7 – March 25</i>		<b>Nichols</b> 5:15-6:05pm <b>Combined group with youth CanSkate</b>  <i>Fall &amp; Winter Sept 19 – Mar 27</i>	<b>Nichols</b> 6:45-7:35pm <b>Combined group with youth CanSkate</b>  <i>Fall &amp; Winter Oct 4 – Mar 28</i>		<b>Nichols</b> 9:15-10:05 am 10:15-11:05 am <i>Fall &amp; Winter Sept 15 – Mar 23                      Fall Only Sept 15 – Dec 15                      Winter Only Jan 5 – March 30</i>	<b>Nichols</b> 8:15-9:05 am <i>Fall &amp; Winter Sept 16 – Mar 24                      Fall Only Sept 16 – Dec 16                      Winter Only Jan 5 – March 24</i>  <b>KINSMEN</b> 6:30-7:20 pm <i>Fall &amp; Winter Sept 23 – Mar 24                      Fall Only Sept 23 – Dec 16                      Winter Only Jan 6 – Mar 24</i>
<b>Teen/Adult CanSkate</b> Grade 9 and up							
<b>STARSkate Group Programming</b>							
<b>STAR 1 (Preliminary)</b> CanSkate Level 4 complete-		<b>Nichols NEW</b> <b>STAR 1 Groups</b> 6:45-7:35 pm Off ice 6:05-6:35 <i>Fall &amp; Winter Sept 18 – Mar 26</i>		<b>Nichols Combined STAR 1-3 Groups</b> 5:15-6:35 pm  <i>Fall &amp; Winter Sept 20– Mar 28</i>			<b>Nichols NEW</b> <b>Combined STAR 1-4 Groups</b> 10:45-12:05 am  <i>Fall &amp; Winter Sept 16 – Mar 24</i>
<b>STAR 2-3 (Junior)</b>		<b>Nichols NEW</b> <b>Combined STAR 2-4 Groups</b> 6:15-7:05 pm Off ice 5:35 6:05  <i>Fall &amp; Winter Sept 19 – March 27</i>					
<b>STAR 3-4 (Intermediate)</b>							
<b>STAR 5+ (Senior)</b>							
<b>STARSkate PRIVATE Sessions - Recreational and Competitive Figure Skating for Youth, Teens &amp; Adults</b>							
<b>STAR 1 (Preliminary)</b>			See OPEN Sessions				Privates Only Registration Available
<b>STAR 2-3 (Junior)</b>			See OPEN Sessions				Privates Only Registration Available
<b>STAR 3-4 (Intermediate)</b>		<b>Nichols NEW SESSION</b>  <b>Freeskate STAR 4 and up(axle landed) session</b>  4:15-5:05pm  <i>Fall &amp; Winter Sept 18 – Mar 26</i>	See OPEN Sessions	<b>Nichols</b> <b>Star 3-5+ combined</b>  7:45-9:05 pm (Stroking 10 min)  <i>Fall &amp; Winter Sept 20– Mar 28</i>	<b>Nichols NEW SESSION</b>  <b>Freeskate STAR 4 and up session (axle landed)</b>  6:45-8:05pm  <i>Fall &amp; Winter Sept 21 – Mar 29</i>		Privates Only Registration Available
<b>STAR 5+ (Senior)</b>	See OPEN Sessions						<b>Nichols</b> 9:15-10:35 am (Skills 20 min) <i>Fall &amp; Winter Sept 16 – Mar 24</i>
<b>Open session</b>		<b>Nichols</b> 7:45- 9:05 pm <i>Fall &amp; Winter Sept 18 – March 26</i>	<b>Nichols</b> 7:15- 8:05 pm <i>Fall &amp; Winter Sept 19 – March 27</i>		<b>Nichols</b> 8:15- 9:05 pm <i>Fall &amp; Winter Sept 21 – Mar 29</i>		



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Adult StarSkate Ages 17 and up							<b>Nichols</b> 12:15-1:35 pm Fall & Winter Sept 16 – Mar 24
<b>SELECT GROUP Lessons– Accelerated / Pre-Competitive Figure Skating (by invitation only)</b>							
Pre-Competitive Level 1	<b>ARGYLE</b> 5:00-5:50 pm Add on to CanSkate Fall & Winter Oct 1 – Mar 25	<b>Nichols</b> 5:15-6:35 pm Fall & Winter Sept 18 – Mar 26	<b>Nichols</b> 5:15-6:05 pm Add on CanSkate Fall & Winter Sept 19 – Mar 27	<b>Nichols</b> 6:45-7:35 pm Add on CanSkate Fall & Winter Oct 4 – Mar 28	<b>Nichols</b> 5:15-6:35 pm Fall & Winter Sept 21 – Mar 29	<b>Nichols</b> 9:15-10:05 am 10:15-11:05am Add on CanSkate Fall & Winter Sept 16 – Mar 30	<b>Nichols</b> 8:15-9:05 am Add on CanSkate Fall & Winter Sept 16 – Mar 24  <b>KINSMEN</b> 6:30-7:20 pm Add on CanSkate Fall & Winter Sept 23 – Mar 24
Pre-Competitive Level 2		<b>Nichols</b> 5:15-6:35 pm Fall & Winter Sept 18 – Mar 26			<b>Nichols</b> 5:15-6:35 pm Fall & Winter Sept 21 – Mar 29		
Pre-Competitive Level 3	<b>Nichols</b> 7:00-9:00 am Fall & Winter Sept 17 – Mar 25			<b>Nichols</b> 7:00-9:00 am Fall & Winter Sept 20 – Mar 28			
Pre-Competitive Level 4							
Competitive Level 1		<b>Nichols</b> NEW SESSION Freeskate session 4:15-5:05 pm Fall & Winter Sept 18 – Mar 26			<b>Nichols</b> NEW SESSION Freeskate session 6:45-8:05 pm Fall & Winter Sept 21 – Mar 29		
<b>CanPower Skate : Power Skating for Hockey and Ringette Skill Development</b>							
Intro To Power						<b>Nichols</b> Shared with CanSkate 9:15- 10:05 am Fall Only Sept 15 – Dec 15 Winter Only Jan 5 – March 30	<b>Nichols</b> Shared with CanSkate 8:15-9:05 am Fall Only Sept 16 – Dec 16 Winter Only Jan 5 – March 24
CanPower Level 1			<b>Bostwick</b> <b>Community Centre</b> NEW Session 7:00-7:50 am  Fall & Winter Sept 19 – Mar 27 Fall Only Sept 19 – Dec 19 Winter Only Jan 9 – Mar 27				<b>KINSMEN</b> New Session Shared with CanSkate 6:30-7:20 pm Fall Only Sept 23 – Dec 16 Winter Only Jan 6 – Mar 24
CanPower Level 1-3							



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Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SynchroSkate: Synchronicity Synchronized Skating Teams</b>							
Beginner I						11:15 - 12:05 am	
Beginner II						11:15 - 12:05 am	
Elementary	5:15 - 6:05 pm						4:45 - 5:35 pm
Pre-Juvenile	6:15 - 7:05 pm						3:45 - 4:35 pm
Juvenile	7:15 - 9:05 pm						1:45 - 3:35 pm
Pre-Novice							5:45 - 8:05 pm
Adult I				WF 8:00 - 9:50 pm			
Adult II							8:15 - 10:05 pm
Adult III			8:15 - 10:05 pm				

## FALL/WINTER TICKET ICE:

Nichols begins Sept 17 , Argyle begins Sept 10 ,  
Kinsmen begins Sept 24

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings	<b>Kinsmen "B"</b> 8:30-9:20 am	<b>Nichols "C"</b> 8:00-9:20 am	<b>Argyle "A"</b> 8:00-9:50 am	<b>Nichols "C"</b> 8:00-9:50 am	<b>Nichols "C"</b> 8:00-9:50 am
Afternoons	<b>New Session</b> Argyle Arena 2:30-3:20 pm	<b>New Session</b> Nichols 2:30-4:05pm			<b>Nichols "C"</b> 2:15-4:05 pm

### No Skate Dates for Ticket Ice

Friday Oct. 26	8:00AM – 9:50 AM, 2:15 PM – 4:05 PM
Friday Nov 2	8:00AM – 9:50 AM, 2:15 PM – 4:05 PM
Friday Nov 30	8:00AM – 9:50 AM, 2:15 PM – 4:05 PM
Thursday Dec 6	8:00AM – 9:50 AM
Friday Dec 14	8:00AM – 9:50 AM, 2:15 PM – 4:05 PM
Monday Dec 24	2:20PM – 3:30 PM
Tuesday Dec 25	8:00AM – 9:20 AM, 2:30 PM – 4:05 PM
Wed Dec 26	8:00AM – 9:50 AM
Monday Dec. 31	2:20PM – 3:30 PM
Tues Jan 1	8:00AM – 9:20 AM, 2:30 PM – 4:05 PM
Friday Jan 11	8:00AM – 9:50 AM, 2:15 PM – 4:05 PM
Friday Jan 18	2:15PM – 4:05 PM
Friday Jan 25	2:15PM – 4:05 PM
Friday Feb 1	2:15PM – 4:05 PM
Mon Feb 18	2:20PM – 3:30 PM

### 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, Intermediate, 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.

No music equipment/personnel will be provided at these sessions.

No group lessons allowed on ice due to city policy for use of ice.

Entering the ice before the start time or exiting the ice after the end times are not permitted.

### TICKET ICE PRICING:

The Fall/Winter Ticket Ice package, **\$695** that includes all dates listed above, can be purchased for a discounted price **\$180** if a skater has purchased at least 2 full regular skating sessions in the Fall/Winter season (including skating on a Synchronicity ☐

This Ticket Ice package must be purchased for the regular price if you have not signed up for at least 2 FULL LENGTH Fall/Winter programs.

**\*Last day of ticket ice is Wednesday, March 27, 2019 \***

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

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## NO SKATE DATES

Nichols Arena unless stated

Saturday Oct. 6	9:15 AM – 12:15 PM	Thanksgiving Weekend
Sunday Oct. 7	8:15 AM – 10:05 PM, 6:30 PM -- 7:20 PM (Kinsmen)	Thanksgiving Weekend
Monday Oct. 8	7:00 AM – 9:20 AM, 5:00-5:50 PM (Argyle) & 5:15 PM -- 9:05 PM (Nichols)	Thanksgiving Weekend
Friday Oct 26	7:00 AM – 4:15 PM	Hockey Tournament
Wednesday Oct. 31	7:15 AM – 9:00 AM (Bostwick) 8:00 AM – 9:50 AM, 5:15 PM – 10:15 PM (Nichols)	Halloween
Thursday Nov. 22	5:15 PM - 9:15 PM	StarSkate Test Day
Saturday Dec. 1	9:15 AM – 12:15 PM	Hockey Tournament
Thursday Dec. 6	8:00 PM – 10:00 PM (Western Fair)	Hockey Tournament
Saturday Dec. 22	9:15 AM – 11:15 AM (Canskate only)	Holiday Break
Sunday Dec. 23	8:15 AM – 9:15 AM (Canskate only)	Holiday Break
Monday Dec 24	7:00 AM – 9:20 AM, (Nichols) 8:30 AM - 9:20 AM (Kinsmen) 5:00 - 5:50 PM (Argyle) & 5:15 PM --9:05 PM (Nichols)	Holiday Break
Tuesday Dec. 25	8:00 AM – 9:20 AM, 2:30 PM – 9:05 PM	Holiday Break
Wednesday Dec. 26	7:15 AM – 9:00 AM (Bostwick) 5:15 PM – 10:15 PM (Nichols)	Holiday Break
Thursday Dec. 27	6:45 PM – 7:35 PM 8:00 PM – 10:00 PM (Western Fair)	Holiday Break
Saturday Dec. 29	9:15 AM – 12:15 PM	Holiday Break
Sunday Dec. 30	8:15 AM – 09:15 AM, 6:30-7:20 PM (Kinsmen)	Holiday Break
Monday Dec. 31	5:00 - 5:50 PM (Argyle) & 5:15 PM --9:05 PM (Nichols)	Holiday Break
Tuesday Jan. 1	8:00 AM – 9:20 AM, 2:30 PM – 9:05 PM	Holiday Break
Wednesday Jan. 2	5:15 PM – 6:15 PM (Nichols)	Holiday Break
Thursday Jan. 3	7:00 AM – 8:00 AM 6:45 PM -- 7:35 PM	Holiday Break
Friday Jan.4	8:00 AM – 9:50 AM	Holiday Break
Friday Jan. 11	8:00 AM – 9:50 AM, 2:30 PM – 9:05 PM	Hockey Tournament
Friday Jan 18	8:00 AM – 9:50 AM, 2:30 PM – 9:05 PM	Hockey Tournament
Saturday Jan. 19	9:15 AM – 12:15 PM	Hockey Tournament
Saturday Feb 2	9:15 AM – 12:15 PM	Hockey Tournament
Wednesday Feb. 13	5:15 PM -- 9:15 PM	StarSkate Test Day
Saturday Feb. 16	9:15 AM – 12:15 PM	Family Day Weekend
Sunday Feb. 17	8:15 AM – 10:05 PM, 6:30 PM --7:20 PM (Kinsmen)	Family Day Weekend
Monday Feb. 18	5:00 - 5:50 PM (Argyle) & 5:15 PM --9:05 PM (Nichols)	Family Day Weekend
Monday Mar. 25	5:15 PM -- 9:15 PM	StartSkate Test Day

**'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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## 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.

**Learn to Skate:** 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 /Star 1 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 and SELECT: Figure skating for youth and adults

#### SELECT:

Accelerated learn to figure skate program for young skaters age 4 and up, by invitation or coach recommendation only. Off-ice participation is mandatory. Parent may ask the convener for an evaluation.

**Pre-Competitive Select team Level 1** skaters must skate on at least TWO sessions per week in the 2018-19 Fall/Winter season.

Choice of one full year CanSkate session + Select 1 add-on of their choice plus one of Tuesday or Friday 5:15pm Select Group sessions

**Pre-Competitive Select team Level 2** skaters must skate on at least TWO sessions per week in the 2018-19 Fall/Winter season. Must skate on both of the Tuesday and Friday 5:15pm Select Group sessions.

**Pre-Competitive Select team Level 3** skaters must skate on at least THREE sessions per week in the 2018-19 Fall/Winter season: Must skate on both of the Tuesday and Friday 5:15pm Select Group sessions plus choice of one of the two 7-9am Select Group sessions.

**Pre-Competitive Select team Level 4** skaters must skate on at least FOUR sessions per week in the 2018-19 Fall/Winter season: Must skate on both of the Tuesday and Friday 5:15pm Select Group sessions plus both of one of the 7-9am Select Group sessions. Ticket ice lessons will be coordinated with the Select Head Coach.

**COMPETITIVE Level 1 Select team (Level 5)** skaters must skate on at least FOUR sessions per week in the 2018-19 Fall/Winter season: Must skate on both of the Tuesday and Friday Freeskate sessions plus both of one of the 7-9am Select Group sessions. Ticket ice lessons will be coordinated with the Select Head Coach.

#### STAR 1 (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 Star1 skater until completion of 2 of: Star 3 Free Skate (Elements and Solo), Star 5 Dance, Star 5 Skills.

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).

#### STAR 2-3 (JUNIOR):

A skater may skate on a Star 2-3 session upon completion of 2 of: Star 1 Free Skate (Elements and Solo), Star 3 Dance, Star 3 Skills.

**STAR 3-4 (INTERMEDIATE):** A skater may skate on a Star 3-4 session upon completion of 2 of: Star 3 Free Skate (Elements and Solo), Star 5 Dance, Star 5 Skills.

**STAR 5+ (SENIOR):** A skater may skate on a Star 5+ session upon completion of 2 of: Star 4 Free Skate (Elements and Solo), Star 7 Dance or Junior Silver, Star 7 Skills or Junior Silver.



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**OPEN:** Session is open to ALL STARSkaters with a private coach. STARSkaters 1 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. Must have passed CanSkate stage 6, recommended passed StarSkate Skills 2 or StarSkate Dance 3.

**CanPowerSkate:** Power skating for hockey and ringette development...NEW PROGRAM THIS SEASON DEVELOPED BY SKATE CANADA!

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** is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

**CanPowerSkate** is geared to skaters aged approximately six or older who already have basic forward and backward skating skills (they must be able to skate the length of the rink using alternate strides) and are able to stop on command without use of the boards. For safety reasons participants should wear full hockey/ringette equipment that is CSA approved. The coach to skater ratio is 1:10.

**Intro to Power** is designed for young skaters, approximately four to six years of age who can stand up on skates and move forward (shuffle, walk or glide) who may not be ready for CanPowerSkate Level 1. Pre-Power helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. The curriculum is presented in three progressive levels complete with its own awards to encourage participation and motivate skaters. Pre-Power has been designed to run concurrently with CanSkate sessions.

#### **CanPower Level 1 :**

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.

Skaters approximately 6 years old and up

Skaters have basic forward and backward skating skills and stop on command to join this program

#### **CanPowerSkate AM Sessions at Bostwick : CanPower Levels 1-3**

Hockey players who are new to CanPower should be aged 7 and up, and meet the minimum skating requirements.

For hockey players returning to CanPower: must be assessed to be at Level 1 and have not yet achieved Level 3 Gold in the old program.

Skaters already playing hockey and ringette and wanting to improve their stride power agility and edges