



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



FALL AND WINTER PROGRAMMING: Earl Nichols Arena

Kinsmen Arena
 Bostwick Community Centre
 Argyle Arena

*The Schedule is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day Time Programming						
7:00-8:50 AM Select 3/4/Comp Fall & Winter Sept 9-Mar 23		7:00-8:50 AM Select Comp Fall & Winter Sept 11-Mar 25	7:00-8:50 AM Select 3/4/Comp Fall & Winter Sept 12-Mar 26		8:15-9:05 AM Canskate 1-6 & Intro to Power Fall Only Sept 14-Dec 21 Winter Only Jan 4-Mar 28 Fall & Winter Sept 14-Mar 28 9:05-9:45 AM PreCanskate A (9:05-9:15 off ice) Fall Only Sept 14-Dec 21 Winter Only Jan 4-Mar 28 Fall & Winter Sept 14-Mar 28	8:15-9:05 AM Can Skate 1-6 & Intro to Power Fall Only Sept 15-Dec 22 Winter Only Jan 5-Mar 29 Fall & Winter Sept 15-Mar 29
8:30-9:30 AM 8:30-9:30 AM Ticket Ice Kinsmen Fall & Winter Sept 23-Mar 23	8:00-9:30 AM 8:00-9:30 AM Ticket Ice Fall & Winter Sept 10-Mar 24	7:00-8:00 AM 7:00-8:00 AM Power Skating Advance & Elite Bostwick Fall Only-Oct 2-Dec18 Winter Only-Jan 8-Mar 25	8:00-10:00 AM 8:00-10:00 AM Ticket Ice B PAD Fall & Winter Sept 12-Mar 26	8:00-10:00 AM 8:00-10:00 AM Ticket Ice Fall & Winter Sept 13-Mar 27	9:35-10:15 AM 9:35-10:15 AM PreCanskate B (9:35-9:45 off ice) Fall Only Sept 14-Dec 21 Winter Only Jan 4-Mar 28 Fall & Winter Sept 14- Mar 28	9:15-10:35 9:15-10:35 Star 4+ Fall & Winter Sept 15-Mar 29
		8:00-10:00 AM 8:00-10:00 AM Ticket Ice B-PAD Fall & Winter Oct 2-Mar 25			9:15-10:05 AM 9:15-10:05 AM Advanced & Elite Power Fall Only Sept 14-Dec 21 Winter Only Jan 4-Mar 28 Fall & Winter Sept 14-Mar 28 10:15-11:05 AM 10:15-11:05 AM PreCanskate Canskate Adult/Teen Fall Only Sept 14-Dec 21 Winter Only Jan 4-Mar 28 Fall & Winter Sept 14- Mar 28	10:45-12:05 PM 10:45-12:05 PM Star 1-3 Group Fall & Winter Sept 15-Mar 29
2:30-3:30 2:30-3:30 Ticket Ice Argyle Fall & Winter Sept 30-Mar 23	2:15-4:05 PM 2:15-4:05 PM Ticket Ice Fall & Winter Sept 10-Mar 24			2:15-4:05 PM 2:15-4:05 PM Ticket Ice Fall & Winter Sept 13-Mar 27	11:15-12:05 PM 11:15-12:05 PM Synchronicity	12:15-1:35 PM 12:15-1:35 PM Adult Star Skate Fall & Winter Sept 15-Mar 29
Evening Programming						
5:00-5:50 PM 5:00-5:50 PM Pre/Can Skate 1-6 Argyle Fall Only Sept 30-Dec16 Winter Only Jan 6-Mar 23 Fall & Winter Sept 30-Mar 23	4:15-5:05 PM 4:15-5:05 PM Competitive Free Skate Fall & Winter Sept 10-Mar 24	5:15-6:05 PM 5:15-6:05 PM Pre/Can Skate 1-6 Fall & Winter Sept 11-Mar 25	5:15-6:35 PM 5:15-6:35 PM Star 1-3 Groups Can Skate 5-6 Fall & Winter Sept 12-Mar 26	5:15-6:35 PM 5:15-6:35 PM Select 1/2/3/4 Fall & Winter Sept 13-Mar 27		1:45-10:05 PM 1:45-10:05 PM Synchronicity
5:15-9:05 PM 5:15-9:05 PM Synchronicity	5:15-6:35 PM 5:15-6:35 PM Star 4+ Select 3/4/ Comp Fall & Winter Sept 10-Mar 24	6:15-10:05 PM 6:15-10:05 PM Synchronicity	6:45-7:35 PM 6:45-7:35 PM Pre/Can Skate 1-4 Can Skate Adult/Teen Fall & Winter Oct 3-Mar 26	6:45-8:05 6:45-8:05 Competitive Free Skate & Select Comp Fall & Winter Sept 13-Mar 27		6:30-7:20 PM 6:30-7:20 PM PreCanSkate/ Canskate 1-6 Intro to Power Kinsmen Fall only Sept 22-Dec 22 Winter Only Jan 5-Mar 29 Fall & Winter Sept 22-Mar 29
	6:45-7:35 PM 6:45-7:35 PM Star 1-2 Can Skate 5-6 Select 1/2 Fall & Winter Sept 10-Mar 24		7:45-9:05 PM 7:45-9:05 PM Star 4+ Fall & Winter Sept 12-Mar 19	8:15-9:05 8:15-9:05 Open Session Fall & Winter Sept 13-Mar 27		
	7:45-9:05 PM 7:45-9:05 PM Open Session Fall & Winter Sept 10-Mar 24		8:00-10:00 PM 8:00-10:00 PM Synchronicity Western Fair Oct 3- Mar 19			



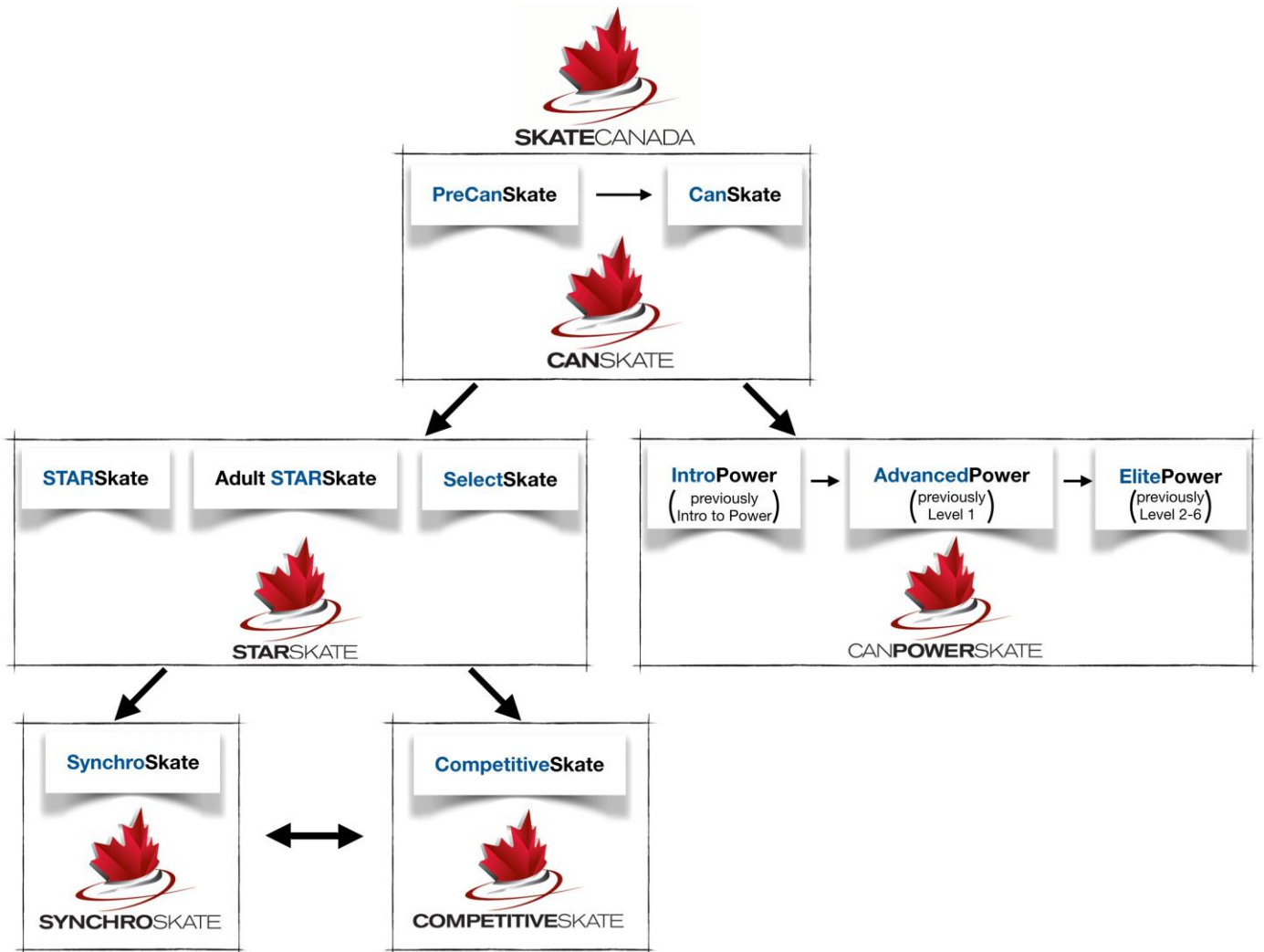
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Session Qualifications and Description Fall/Winter 2019 London Skating Club

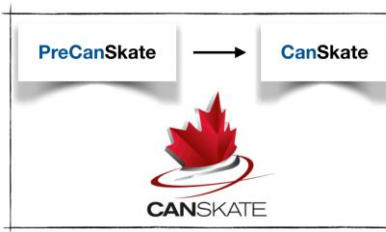




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CanSkate Program Descriptions:

CanSkate is Skate Canada's flagship learn to skate program designed for beginners aged 3 to adult. The program focuses on fun, participation and basic skill development.

The CanSkate curriculum focuses on balance, control and agility skills taught over 6 stages of learning. 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 awarded when all skills at a particular stage have been achieved.

All CanSkate programs are taught in group format by National Coaching Certification Program (NCCP) certified Skate Canada coaches.

CanSkate Qualifications:

PreCanSkate is a learn to skate program for children 3 to 5 years of age, with little or no skating experience who have no badges/ribbons completed in the CanSkate program. 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. *CSA approved hockey helmets are MANDATORY and face masks are highly recommended.*

CanSkate is a learn to skate program for skaters aged 5 and up who have not passed Stage 6 of CanSkate, and skaters aged 3 & 4 who have passed PreCanSkate. *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.*

- Upon completing Stage 3, skaters can enroll into the CanPowerSkate program.
- Upon completing Stage 4, skaters can choose to remain on their CanSkate session to complete Stage 5 & 6 OR they may complete Stage 5 & 6 during the STARSkate sessions as indicated on the schedule.

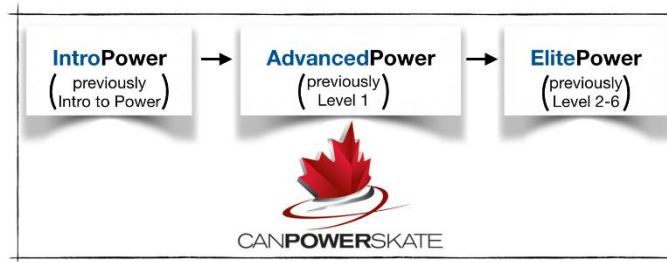
Adult/Teen CanSkate is for beginner skaters aged 14 and up, interested in developing skating skills for recreational skating/exercise, or for eventually playing hockey or figure skating. Adults/teens will share the ice with youth CanSkate BUT will be placed in their own group. Adult/Teens may participate in other CanSkate sessions for their level but will be placed in groups with children unless specifically stated as an adult/teen group on the schedule. *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.*



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CanPowerSkate Program Descriptions:

The CanPowerSkate program consists of skills divided into three broad stages of development, arranged in progression with gradual increase in complexity. This program is divided into IntroPower, AdvancedPower and ElitePower.

Players are evaluated based on skills (balance, control and agility) as well as their timed performance of a speed-based test. Players receive a mark combining their skill performance plus test time. This determines whether the player receives a Bronze, Silver or Gold award.

CanPowerSkate is taught in group format by NCCP CanPowerSkate certified professional coach, Paul McLean.

IntroPower helps develop basic skating abilities in a power skating environment, including balance skills, forward and backward skating, stopping, turning and agility skills. The curriculum is presented in three progressive stages complete with awards to encourage participation and motivate players.

AdvancedPower focuses on balance, control and agility through proper body alignment and movement for improved balance and stronger edges.

ElitePower focuses on acquisition of efficient technique including the technical aspects of stride and acceleration to improve speed and agility. This final stage incorporates stick handling with the puck/ring.

CanPowerSkate Qualifications:

IntroPower is for players aged 7 and under (Initiation Program and Minor Novice) who are learning how to skate and are looking to improve their hockey or ringette experience. This program is for players who have completed CanSkate Stage 3 or have basic forward and backward skating skills (able to skate the length of the rink using alternate strides) and are able to stop without use of the boards. If a player does not meet this skating requirement, we recommend enrolling them into the CanSkate program. *CSA approved hockey helmets are MANDATORY and face masks are highly recommended.*

AdvancedPower is geared towards players 8 to 10 years of age (Major Novice to Major Atom) who are able to glide forwards and backwards on one foot, turn forwards to backwards while skating and stop. If a player does not meet this skating requirement, we recommend enrolling them into the IntroPower program. *Full CSA approved hockey/ringette equipment required, including stick, helmet and neck guard.*

ElitePower is for players aged 11 and up (Minor Peewee and up) who are proficient at executing the following skating skills with speed, gliding forwards and backwards on one foot, turning forwards to backwards and stopping. *Full CSA approved hockey/ringette equipment required, including stick, helmet and neck guard.*



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STARSkate Program Description:

The STARSkate program is a recreational figure skating program. The program consists of skaters with a wide range of skating skills starting from first transitioning from the CanSkate program to advanced figure skating techniques. Skaters are encouraged to move from the CanSkate program to the STARSkate program if they are interested in further developing their skating and figure skating skills. Though the focus of this program is having fun, staying fit and developing figure skating skills, skaters can still choose to have private lessons from professional coaches, progress through the Skate Canada nationally standardized STAR Assessment system and enter a variety of competitions. STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, freeskate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives.

STARSkate Qualifications:

STAR 1: Completed Stage 6 CanSkate

STAR 2: (Completed 2 out of 3)

- STAR 1 FreeSkate
- STAR 3 Dance
- STAR 3 Skills

STAR 3: (Completed 2 out of 3)

- STAR 2 FreeSkate
- STAR 5 Dance
- STAR 4 Skills

STAR 4: (Completed 2 out of 3)

- STAR 3 FreeSkate
- STAR 6 Dance
- STAR 4 Skills

STAR 5: (Completed 2 out of 3)

- STAR 4 FreeSkate
- STAR 7 Dance
- STAR 6 Skills



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Open Session Qualifications:

- STAR 3+ skaters
- STAR 2 skaters over the age of 12
- STAR 2 skaters who have a coach present on the ice
- CanPowerSkaters in a private lesson entire time (no equipment or stick allowed)

Adult STARSkate Program Description:

The Adult STARSkate Program is for adult skaters looking for an opportunity 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 FreeSkate 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 STARSkate Qualifications:

- Adult STARSkate is for skaters aged 17 and up, who have successfully completed STAR 2 Skills and/or STAR 3 Dance. Adult skaters with a current Skate Canada membership may also qualify to skate on any STARSkate session contact the London Skating Club office for current session availability and qualifications.

SELECTSkate Program Description:

The SELECTSkate program is an accelerated learn to figure skate program for skaters aged 4 and up. Participation in this program is by invitation only through our talent ID process or through a coach recommendation. Parents may ask the convener for an evaluation.

As part of the SELECTSkate program an off-ice portion is included. Off-ice sessions cover skating specific movements such as body alignment, arm and leg extension, jump technique, air position as well as mobility, fitness and flexibility. Off-ice sessions are mandatory.

SELECTSkate Qualifications:

Pre-Competitive SELECT Level 1 skaters must register for at least **TWO** sessions per week during the 2019-20 Fall/Winter season. Skaters must register for **one** of the following full year CanSkate sessions: Monday 5:00 PM (Argyle), Wednesday 5:15 PM, Thursday 6:45 PM, Saturday 8:15 AM, Saturday 10:15 PM, Sunday 8:15 AM or Sunday 6:30 PM (Kinsmen) **plus one** of the following SELECT group sessions, Tuesday 6:45 PM (off-ice 6:00 PM) or Friday 5:15 PM (off-ice 6:45 PM).

Pre-Competitive SELECT Level 2 skaters must register for least **TWO** sessions per week during the 2019-20 Fall/Winter season. Skaters must register for **both** Tuesday 6:45 PM SELECT 1/2 (off-ice 6:00 PM) and Friday 5:15 PM SELECT 1/2/3/4 (off-ice 6:45 PM) group sessions.

Pre-Competitive SELECT Level 3 skaters must register for at least **THREE** sessions per week during the 2019-20 Fall/Winter season. Skaters must register for **both** Tuesday 5:15 PM SELECT 3/4 (off-ice 6:45 PM) and Friday 5:15 PM SELECT 1/2/3/4 (off-ice 6:45 PM) group sessions **plus one** of the following SELECT 3/4 sessions, Monday 7:00 AM or Thursday 7:00 AM.



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Pre-Competitive SELECT Level 4 skaters must register for at least **FOUR** sessions per week during the 2019-20 Fall/Winter season. Skaters must register for **both** Tuesday 5:15 PM SELECT 3/4 (off-ice 6:45 PM) and Friday 5:15 PM SELECT 1/2/3/4 group sessions (off-ice 6:45 PM) **plus both** Monday 7:00 AM and Thursday 7:00 AM SELECT 3/4 group sessions. Lessons on Ticket Ice will be coordinated by the SELECT head coach.

Competitive Level 1 SELECT (Level 5) skaters must register for at least **FOUR** sessions per week during the 2019-20 Fall/Winter season. Skaters must register for **both** Tuesday 4:15 PM (off-ice 6:45 PM) and Friday 6:45 PM (off-ice 6:00 PM)

SELECT Comp sessions **plus both** Monday 7:00 AM and Thursday 7:00 AM

SELECT Comp group sessions. Lessons on Ticket Ice will be coordinated by the SELECT head coach.

Synchronicity Program Description and Qualifications: TBA