



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 C-Pad

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 B Pad Fall & Winter Sept 12-Mar 26		8:15-9:05 AM CanSkate 1-6 / IntroPower Fall Only Sept 14-Dec 14 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 14 Winter Only Jan 4-Mar 28 Fall & Winter Sept 14-Mar 28	8:15-9:05 AM PreCanSkate / CanSkate 1-6 / IntroPower Fall Only Sept 15-Dec 15 Winter Only Jan 5-Mar 29 Fall & Winter Sept 15-Mar 29
8:30-9:20 AM Ticket Ice Kinsmen Fall & Winter Sept 23-Mar 23	8:00-9:50 AM Ticket Ice Fall & Winter Sept 10-Mar 24	7:00-7:50 AM AdvancePower / ElitePower Bostwick Fall Only-Oct 2-Dec 18 Winter Only-Jan 8-Mar 25	8:00-9:50 AM Ticket Ice Fall & Winter Sept 12-Mar 26	8:00-9:50 AM Ticket Ice Fall & Winter Sept 13-Mar 27	9:35-10:15 AM PreCanSkate B (9:35-9:45 off ice) Fall Only Sept 14-Dec 14 Winter Only Jan 4-Mar 28 Fall & Winter Sept 14- Mar 28	9:15-10:35 AM STAR 4+ Fall & Winter Sept 15-Mar 29 10 Min Stroking
		8:00-9:50 AM Ticket Ice B PAD Fall & Winter Oct 2-Mar 25			9:15-10:05 AM AdvancedPower / ElitePower Fall Only Sept 14-Dec 14 Winter Only Jan 4-Mar 28 Fall & Winter Sept 14-Mar 28 10:15-11:05 AM PreCanSkate / CanSkate Adult & Teen Fall Only Sept 14-Dec 14 Winter Only Jan 4-Mar 28 Fall & Winter Sept 14- Mar 28	10:45-12:05 PM STAR 1-3 Groups Fall & Winter Sept 15-Mar 29
2:30-3:20 Ticket Ice Argyle Fall & Winter Sept 30-Mar 23	2:30-3:50 PM Ticket Ice Fall & Winter Sept 10-Mar 24			2:15-4:05 PM Ticket Ice Fall & Winter Sept 13-Mar 27	11:15-12:05 PM Synchronicity	12:15-1:35 PM Adult STARSkate Fall & Winter Sept 15-Mar 29 10 Min Stroking
Evening Programming						
5:00-5:50 PM PreCanSkate / CanSkate 1-6 Argyle Fall Only Sept 30-Dec 16 Winter Only Jan 6-Mar 23 Fall & Winter Sept 30-Mar 23	4:15-5:05 PM FreeSkate / Select Comp Fall & Winter Sept 10-Mar 24	5:15-6:05 PM PreCanSkate / CanSkate 1-6 Fall & Winter Sept 11-Mar 17	5:15-6:35 PM STAR 1-3 Groups CanSkate 5-6 Fall & Winter Sept 12-Mar 26	5:15-6:35 PM Select 1/2/3/4 Fall & Winter Sept 13-Mar 27		1:45-10:05 PM Synchronicity
5:15-9:05 PM Synchronicity	5:15-6:35 PM STAR 4+ Select 3/4/ Comp Fall & Winter Sept 10-Mar 24 10 Min Stroking	6:15-10:05 PM Synchronicity	6:45-7:35 PM PreCanSkate / CanSkate 1-4 CanSkate Adult & Teen Fall & Winter Oct 3-Mar 26	6:45-8:05 FreeSkate & Select Comp Fall & Winter Sept 13-Mar 27		5:30-6:20 PM PreCanSkate / CanSkate 1-6 Kinsmen Fall only Sept 22-Dec 15 Winter Only Jan 5-Mar 29 Fall & Winter Sept 22-Mar 26
	6:45-7:35 PM STAR 1-2 CanSkate 5-6 Select 1/2 (off ice 6-6:30) Fall & Winter Sept 10-Mar 24		7:45-9:05 PM STAR 3+ Fall & Winter Sept 12-Mar 19 10 Min Stroking	8:15-9:05 Open Session Fall & Winter Sept 13-Mar 27		6:30-7:20 PM PreCanSkate / CanSkate 1-6 Kinsmen Fall only Sept 22-Dec 15 Winter Only Jan 5-Mar 29 Fall & Winter Sept 22-Mar 26
	7:45-9:05 PM Open Session Fall & Winter Sept 10-Mar 24 10 Min Stroking		8:00-9:50 PM Synchronicity Western Fair Oct 3- Mar 19			



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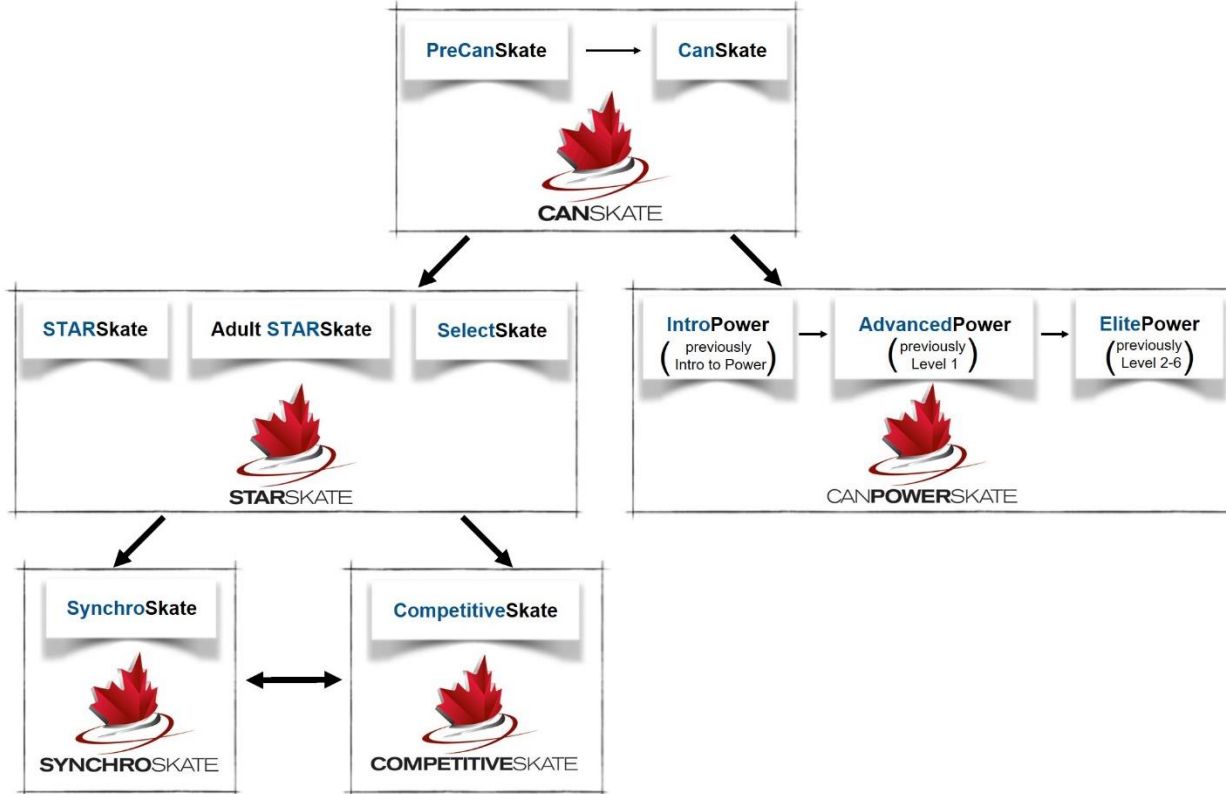
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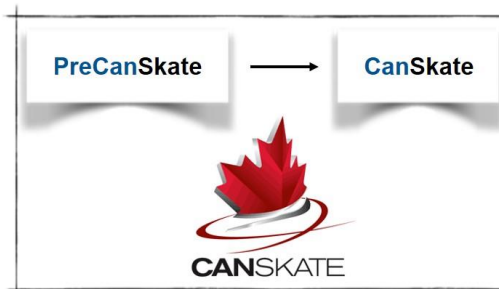


Session Qualifications and Description

Fall/Winter 2019
London Skating Club



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.



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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 choose to enrol 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.*

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**.

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



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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 skaters.
- **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 skaters 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 skaters 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 skater 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 skaters 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 skater 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 skaters 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.*
- Maximum 14 registrants on the Advanced/ElitePower sessions.
- Arrangements can be made to make up missed CanPowerSkate sessions, please see CanPowerSkate FAQ for details.
- A mandatory \$45.00 Skate Canada membership fee (valid until August 31, 2020) will be applied to your program fee at checkout.

STARSkate Program Description:



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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



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- **STAR 5:** (Completed 2 out of 3)
 - STAR 4 FreeSkate
 - STAR 7 Dance
 - STAR 6 Skills

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 while on the ice (no equipment or stick allowed)

Ticket Ice Qualifications:

- **STAR 2+** skaters
- **STAR 1** skaters in a private lesson while on the ice
- **CanSkaters** in a private lesson while on the ice

Competitive FreeSkate Qualifications:

- Must land axel
- Must be competing in the 2019-2020 season

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.



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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.
- **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.



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Synchronicity Program Description:



A discipline of figure skating where you're a member of a team ranging from 8-20 skaters, depending on the category. Skaters of all levels and ages work together to perform a program/routine throughout the season at various competitions, while continually improving said program and building off of feedback from the judges at the events they've competed in. This discipline is focused on having fun, making new friends, and teaching skaters the importance of working together to achieve a common goal. Many skaters develop friendships that last throughout their entire lifetime, as a result of joining the program. Fun, family, hard work, dedication, and passion are only a few of the traits you will find in a synchronized skater. The synchronized skating program provides skaters with many opportunities to advance their figure skating career, including attending the Ontario Provincial Championship and the Canadian National Synchronized Skating Championship, pending qualification each season.

Synchronicity fields teams from the Beginner level to the Adult level, with National level teams in between. We have a passionate, dedicated, and well-rounded coaching staff that works together to create an unforgettable experience for all skaters. We are always welcoming new skaters to the program and encourage anyone interested to reach out to us at Synchronicity@londonskatingclub.com.

Synchronicity Qualifications:

- Beginner 1 team of 8-16 skaters. At least 75% of skaters must not have reached the age of 12 as of July 1st preceding the competition.
- Beginner 2 team of 8-16 skaters. Skaters must not have reached the age of 12 as of July 1st preceding the competition AND at least 75% of skaters must not have reached the age of 10 as of July 1st preceding the competition.
- Elementary team of 8-16 skaters. Skaters must not have reached the age of 15 as of July 1st preceding the competition.
- Pre-Juvenile team of 8-16 skaters, maximum music time 2:40 minutes (program times may be shorter and will receive no penalty). Skaters must not have reached the age of 12 as of July 1st preceding the competition.
- Juvenile team of 8-16 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty). Skaters must not have reached the age of 15 as of July 1st preceding



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the competition and at least 75% of skaters must not have reached the age of 13 as of July 1st preceding the competition.

- Novice team of 12-16 skaters, 3:00 minutes program +/- 10 sec. Skaters must have reached the age of 10 as of July 1st preceding the competition but must not have reached the age of 15 as of July 1st preceding the competition.
- Intermediate team of 12-16 skaters, 3:30 minutes program +/- 10 sec. Skaters must have reached the age of 13 as of July 1st preceding the competition but must not have reached the age of 19 as of July 1st preceding the competition.
- Adult team of 8-20 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty). Skaters must have reached the age of 18 as of July 1st preceding the competition.
- Adult 2 team of 8-20 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty). Skaters must have reached the age of 18 as of July 1st preceding the competition and at least 75% of the skaters must have reached the age of 25 as of July 1st preceding the competition.
- Adult 3 team of 8-20 skaters, maximum music time 2:40 minutes (program times may be shorter and will receive no penalty). Skaters must have reached the age of 19 as of July 1st preceding the competition. At least 75% of the skaters must have reached the age of 35 as of July 1st preceding the competition.