



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



Session Qualifications and Description Fall Winter 2020-2021

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. **(Please note below that skaters 3-5 years of age starting out in PreCanSkate or skater's currently on Stage 1, due to Covid regulations of our governing body can only participate on the ice in the Parent and Tot program until the pandemic is cleared due to the fact that coaching staff can no longer touch or assist skaters).**

The CanSkate curriculum focuses on balance, control and agility skills taught over 6 stage of learning. Skaters are placed into groups according to their age, skating ability, and stage(s) they are working on. Skills are assessed on a continuous basis, with badges/ribbons awarded when all skills at a particular stage are achieved.

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

CanSkate Qualifications:

CanSkate during Covid times will look a bit different due to Covid restrictions. Stage 2-6 levels are only allowed to be offered to skaters due to coaches and assistants not being able to touch or assist skaters with hands on teaching. **(See Parent & Tot option above for skaters requiring hands on assistance).**

CSA approved hockey helmets are **MANDATORY** helmet face cages are highly recommended for ALL CanSkate sessions (including Adult/Teen) until the completion of Stage 5.

- Upon completing Stage 3, skaters can choose to enroll into the CanPowerSkate program
- Upon completing Stage 6 skaters can move into the StarSkate figure skating program.

Parent & Tot Skate:

Due to Covid restrictions and our governing body, the London Skating Club will offer a Parent & Tot session for skaters in PreCanSkate – age 3-5 and skaters working on Stage 1.

Due to government regulations, staff and our Program Assistants can't touch or physically help skaters due to Covid protocols. Parent's may go on the ice with their skater with skates/helmet for the PreCanSkate and Stage 1.



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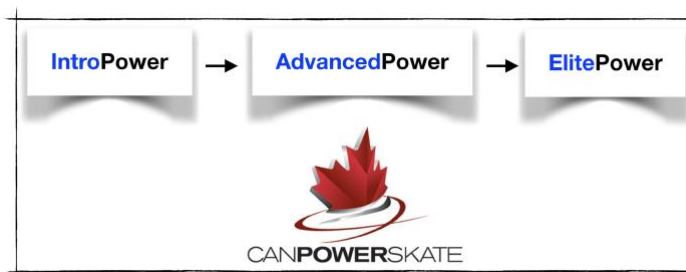
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Parent/Guardian must be within their family bubble and be 18 years of age or older. Parent's must be able to be able to skate and will be required along with their children to wear a CSA approved hockey helmet. It is highly recommended that the children wear a face cage on their helmet for safety purposes. Parent's in addition must register as well and obtain their Skate Canada Membership to be protected by insurance and allowed on the ice.

Adult/Teen CanSkate:

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. Adult/teens will share the ice with children on CanSkate. Due to Covid restrictions, adult/teen skaters will be placed in groups with children due to limited numbers allowed on ice for skaters and staff. CSA approved hockey helmets are **MANDATORY** and helmet cages are highly recommended for ALL CanSkate sessions including Adult/Teens until completion of 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. CanPowerSkate is taught in group format by NCCP CanPowerSkate certified professional coaching staff.

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.

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.



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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.

Please note:

- A mandatory Skate Canada membership fee per skater (valid September 1 to August 31) will be applied to the program fee at checkout.
- Session registration fees are pro-rated after session start.



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



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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 Program 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

- 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 2020-2021 season



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Select Program Description:

The Select program is an accelerated learn to figure skate program for skaters age 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 convenor for an evaluation.

As part of the Select 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

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.



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.



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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 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.



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- 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.