



LONDON SKATING CLUB

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A Skate Canada member club since 1907.



SKATECANADA

FALL/WINTER PROGRAMMING: September 5, 2017- March 29, 2018

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CanSkate Group Lessons – Learn to Skate for Youth, Teens & Adults (ages 3 and up)							
Youth CanSkate Age 3 and up Stage 5/6 also see Preliminary StarSkate Group Lessons	<u>Argyle "A"</u> Fall/Wtr: Oct 2-Mar 26 Fall: Oct 2-Dec 18 Winter: Jan 8-Mar 26 5:00-5:50 pm <i>Shared ice in fall with Pre-Power. See below for details.</i>		<u>Nichols "C"</u> Sep 6-Mar 28 5:15-6:05 pm	<u>Nichols "C"</u> Oct 12-Mar 29 6:45-7:35 pm		<u>Nichols "C"</u> Fall/Wtr: Sep 9-Mar 24 Fall: Sep 9-Dec 16 Winter: Jan 13-Mar 24 9:15-10:05 am or 10:15-11:05 am <i>Shared ice in fall with Pre-Power (9:15-10:05 only)</i>	<u>Nichols "C"</u> Fall/Wtr: Sep 10-Mar 25 Fall: Sep 10-Dec 17 Winter: Jan 14-Mar 25 8:15-9:05 am <i>Shared ice in fall with Pre-Power & CanPower 1.</i>
Parent and Tot CanSkate	<i>Shared ice with CanSkate & Pre-Power</i>						
Teen/Adult CanSkate Grade 9 and up	<u>Argyle "A"</u> Fall/Wtr: Oct 2-Mar 26 Fall: Oct 2-Dec 18 Winter: Jan 8-Mar 26 5:00-5:50 pm <i>Shared ice with CanSkate & Pre-Power</i>		<i>Combined groups with youth CanSkate</i>	<i>Combined groups with youth CanSkate</i>		<i>Combined groups with youth CanSkate</i>	<i>Combined groups with youth CanSkate</i>
STARSkate GROUP Lessons – Learn to Figure Skate							
Preliminary & Junior CanSkate Level 4 complete			<u>Nichols "C"</u> Sep 6-Mar 28 6:15-7:05 pm on-ice 7:20-7:50 pm off-ice	<u>Nichols "C"</u> Sep 7-Mar 29 5:15-6:35 pm <i>Shared ice with Select</i>	<u>Nichols "C"</u> Sep 8-Mar 23 6:45-8:05 pm		
Junior /Intermediate / Senior		<u>Nichols "C"</u> Sep 5-Mar 27 6:45-7:35 pm on-ice 6:05-6:35 pm off-ice (No private lessons)					
Select Team GROUP Lessons – Accelerated/Precompetitive Figure Skating (by invitation only)							
Level 1 MUST register on ONE CanSkate session PLUS Tue Select	<u>Argyle "A"</u> Oct 2-Mar 26 5:00-5:50 pm <i>Shared ice with CanSkate & Pre-Power</i>		<u>Nichols "C"</u> Sep 6-Mar 28 5:15-6:05 pm <i>Shared ice with CanSkate</i>	<u>Nichols "C"</u> Sep 7-Mar 29 6:45-7:35 pm <i>Shared ice with CanSkate</i>		<u>Nichols "C"</u> Sep 9-Mar 24 9:15-10:05 am or 10:15-11:15 am <i>Shared ice with CanSkate & Pre-Power</i>	<u>Nichols "C"</u> Sep 10-Mar 25 8:15-9:05 am <i>Shared ice with CanSkate, Pre-Power & CanPower 1</i>
Level 2		<u>Nichols "C"</u> Sep 5 – Mar 27 5:15-6:35 on-ice 6:45 -7:15 pm off-ice MANDATORY for all Select skaters		<u>Nichols "C"</u> Sep 7-Mar 29 5:15-6:35 pm on-ice 6:45-7:15 off-ice <i>Shared ice with Prelim Groups</i>			
Level 3			<u>Nichols "C"</u> Sep 6-Mar 28 7:15-8:35 pm on-ice 6:30-7:00 off-ice <i>Shared ice with Intermediate STARSkate</i>				<u>Nichols "C"</u> Sep 10- Mar 25 4:45-5:15 pm off-ice 5:30-6:20 pm on-ice *Dec 10, Jan 28, Feb 11, Feb 18, Mar 4, 11, 18 5:15-6:05 pm on-ice *Mar 25 1:45-2:35 on-ice *off-ice will be before on ice – check w/select coaches*
Level 4							
STARSkate PRIVATE Sessions – Recreational and Competitive Figure Skating for Youth, Teens & Adults							
Preliminary							
Junior							<u>Nichols "C"</u> Sep 10-Mar 25 10:45am-12:05 pm Stroking: 11:55-12:05 (private lessons allowed)
Intermediate			<u>Nichols "C"</u> Sep 6-Mar 28 7:15-8:35 pm (NO stroking) <i>Shared ice w/ Select 3/4</i>	<u>Nichols "C"</u> Sep 7-Mar 29 7:45-9:05 pm (NO Stroking)			
Senior			<u>Nichols "C"</u> Sep 6-Mar 28 8:45-10:05 pm Stroking: 9:45-10:05 pm (private lessons allowed)				<u>Nichols "C"</u> Sep 10-Mar 25 9:15-10:35 am Stroking: 9:15-9:25 am (private lessons allowed)



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SKATECANADA

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open					Nichols "C" Sep 8-Mar 23 5:15-6:35 pm		
Flex ice					Nichols "C" Sep 8-Mar 23 8:15-9:05 pm Schedule TBA		
Adult Skating Opportunities							
Teen/Adult CanSkate - Grade 9 and up	Argyle "A" Fall/Wtr: Oct 2-Mar 26 Fall: Oct 2-Dec 18 Winter: Jan 8-Mar 26 5:00-5:50 pm Shared ice with CanSkate & Pre-Power		Combined groups with youth CanSkate	Combined groups with youth CanSkate		Combined groups with youth CanSkate	Combined groups with youth CanSkate
Adult StarSkate - age 17 and up				ThompsonUWO Oct 19-March 22 10:00-11:50 am			Nichols "C" Sep 10-Mar 25 12:15-1:35 pm
CanPowerSkate: Power skating for hockey and ringette skill development							
Pre-PowerSkate	Argyle A Fall: Oct 2-Dec 18 Winter: TBD 5:00-5:50 pm Shared ice with CanSkate					Nichols "C" Fall: Sep 9-Dec 16 Winter: TBD 9:15-10:05 am Shared ice with CanSkate	Nichols "C" Fall: Sep 10-Dec 17 Winter: TBD 8:15-9:05 am Shared ice with CanSkate & CanPower 1
CanPowerSkate Level 1							Nichols "C" Fall: Sep 10-Dec 17 Winter: TBD 8:15-9:05 am Shared ice with CanSkate & Pre-Power
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SynchroSkate: Synchronicity Synchronized Skating Teams							
	Nichols "C" Sep 11-Mar 19 Mar 26 Test Day * no synchro *	Nichols "C" Sep 5-Mar 27	Nichols "C" Sep 6-Mar 28	Nichols Sept 7-Oct 5 Western Fair Oct 12-Mar 29		Nichols "C" Sep 9-Mar 24	Nichols "C" Sep 10-Mar 25
Beginner I Stars						11:15 am-12:05 pm	
Beginner I						11:15 am-12:05 pm	
Beginner II	5:15-6:05 pm						
Elementary	6:15-7:05 pm						3:45-5:20 pm
Juvenile	7:15-9:05 pm						1:45-3:35 pm
Pre-Novice		7:45-9:05 pm					6:30-7:20 pm
Adult I				Nichols Sep 7-Oct 5 only 6:45-7:35 pm Western Fair Oct 12-Mar 29 8:00-9:50 pm			
Adult III							7:30-9:05 pm

Fall/Winter StarSkate Important Dates/Special Programming

Sat, Sept 16	4:00-6:00 pm	Program Assistants (PA) training day (CanSkate)
Sun, Oct 22	9:15-1:35 pm	StarSkate Test Day
Fri, Oct 27	Time TBA & more info	LSC – OHL Night with (London Knights) Special Event
Sun Nov 26	3:00 pm	Synchronicity Kick off Gala
Wed, Dec 6	5:15-10:05 pm	StarSkate Test Day
Sun, Dec 10	7:15-8:05 am	Rehearsal for London Knights Intermission Skate
Fri, Dec 15	London Knight Game Night	Intermission Demonstration Skate- London Knights Game
Wed, Feb 7	5:15-10:05 pm	StarSkate Test Day
Sun, Mar 25	3:15-9:05 pm (time tentative)	Jr Olympics & Seminar
Mon, Mar 26	5:15-9:05 pm	StarSkate Test Day
TBA	TBA	Adult Social Ice Dance
Sun, Apr 15	Wolf Performance Theatre – 2:00 pm & 7:00 pm show	Special Event – International Awarded Magician & Circus Artist Nathaniel Rankin Presents "Borderline Madness" -



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Fall/Winter Program Ice 'No Skating Dates'

September 5, 2017- March 29, 2018

*note that Argyle Monday nights, Western Fair and Thompson arena ice have different start dates (see schedule)

Thurs, Oct 5	10:00-11:50 am (Western University) only	No skating
Sat, Oct 7	9:15 am-12:05 pm	Thanksgiving weekend
Sun, Oct 8	8:15 am-9:05 pm	Thanksgiving weekend
Mon, Oct 9	5:00-5:50 Argyle 5:15-9:05 Nicols Arena	Thanksgiving weekend
Thurs, Oct 12	10:00 – 11:50 am (Western University)	Reading Week
Sun, Oct 22	9:15 am-1:45 pm (Senior, Preliminary, Jr & Sr no skating)	STARSkate Test Day
Tues, Oct 31	6:45-9:05 pm No Jr/Int/Sr Groups or Pre-Novice Synchro	Halloween
Sun Nov 26	3:00 pm start	Synchronicity Kick off Gala
Sat, Dec 2	9:15 am 12:05 pm	Hockey tournament
Wed, Dec 6	5:15-10:05 pm– No CanSkate, Preliminary, Junior, Intermediate, Select or Senior	StarSkate Test Day
Sat, Dec 23	9:05 am – 12:05 pm	Holiday Break
Sun, Dec 24	8:15 am-9:05 pm	Holiday Break
Mon, Dec 25	5:00-5:50 (Argyle) & 5:15-9:05 (Nichols)	Holiday Break
Tues, Dec 26	5:15-9:05 pm	Holiday Break
Wed, Dec 27	5:15-10:05 pm	Holiday Break
Thurs, Dec 28	10:00-11:50 am (Western University) & 5:15-9:05 (Nichols cancelled)	Holiday Break
Fri, Dec 29	5:15-9:05 pm	Holiday Break
Sat, Dec 30	9:15 am-12:05 pm	Holiday Break
Sun, Dec 31	8:15 am – 9:05 pm	Holiday Break
Mon, Jan 1	5:00-5:50 pm (Argyle) & 5:15-9:05 pm (Nichols)	Holiday Break
Wed, Jan 3	5:15-6:05 pm – CanSkate only	Holiday Break
Thurs, Jan 4	10:00-11:50 am (Western University) & 6:45-7:35 pm – CanSkate only Nichols	Holiday Break
Fri, Jan 5	5:15-9:05 pm	Hockey Tournament
Sat, Jan 6	9:15-11:05 am – CanSkate only	Holiday Break
Sun, Jan 7	8:15-9:05 am – CanSkate only	Holiday Break
Thurs, Jan 11	8:00-9:50 pm – Western Fair only	Hockey Tournament
Fri, Jan 19	5:15-9:05 pm	Hockey Tournament
Sat, Jan 20	9:15 am-12:05 pm	Hockey Tournament
Wed, Feb 7	5:15-10:05 pm – No CanSkate, Preliminary, Junior, Intermediate, Select, Senior	StarSkate Test Day
Sat, Feb 17	9:15-11:15 am – CanSkate	Family Day Weekend
Sun, Feb 18	1:45-5:15 pm (No synchro) & 6:15-9:05 pm (No synchro)	Family Day Weekend
Mon, Feb 19	5:00-6:00 pm (Argyle) & 5:15-9:05 pm (Nichols)	Family Day
Thurs, Feb 22	10:00-11:50 am (Western University) only	Reading Week
Thurs, Mar 15	10:00-11:15 am (Western University) only	Hockey Tournament
Sun, Mar 25	No ice for synchro teams	Jr Olympics/Seminar (afternoon/evening times TBA)
Mon, Mar 26	5:15-9:05 pm only (Nichols)	STARSkate Test Day
Thurs, Mar 29	10:00-11:50 am (Western University) only	

Last day of winter schedule is Thursday, March 29, 2018 for Nichols Arena and Western Fair sessions, and last day for Western University if March 22nd, 2018

'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 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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FALL/WINTER TICKET ICE: Sept 5, 2017-March 28, 2018

Nichols begins Sep 5, Argyle begins Sep 6, Kinsmen begins Sep 11

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings	Kinsmen "B" Sep 11-Mar 26 * 8:30-9:20 am	Nichols "C" Sep 5-Mar 27 8:00-9:20 am	Argyle "A" Sep 6-Mar 28 8:00-9:50 am	Nichols "C" Sep 7-Mar 22 8:00-9:50 am	Nichols "C" Sep 8-Mar 23 8:00-9:50 am
Afternoons	Nichols "B" Sep 11-Mar 26 2:30-3:20 pm		Nichols "C" Sep 6-Mar 28 2:30-3:50 pm		Nichols "C" Sep 8-Mar 23 2:15-4:05 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, that includes all dates listed above, can be purchased for a discounted price if a skater has purchased at least 2 full regular skating sessions in the Fall/Winter season (including skating on a Synchronicity team).
- 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.
- THERE WILL BE NO PRO-RATING OF TICKET ICE FEES AND THERE IS NO GUEST SKATING PERMITTED!

Ticket Ice 'No Skating Dates': Sep 5, 2017 - Mar 28, 2018

Fri, Oct 6	Nichols @ 8:00-9:50 am & 2:15-4:05 pm	No skating
Mon Oct 9	Kinsmen @ 8:30-9:20 am & Nichols @ 2:30-3:20 pm	Thanksgiving
Fri Nov 3	Nichols @ 8:00-9:50 am & 2:15-4:05 pm	No skating
Fri Dec 1	Nichols @ 8:00-9:50 am & 2:15-4:05 pm	No skating
Thu Dec 7	Nichols @ 8:00-9:50 am	No skating
Fri Dec 15	Nichols @ 8:00-9:50 am & 2:15-4:05 pm	No skating
Mon Dec 25	Kinsmen @ 8:30-9:20 am & Nichols @ 2:30-3:20 pm	Christmas Day
Tues Dec 26	Nichols @ 8:00-9:20 am	Boxing Day
Mon, Jan 1	Kinsmen @ 8:30-9:20 am & Nichols @ 2:30-3:20 pm	New Years
Fri Jan 5	Nichols @ 8:00-9:50 am & 2:15-4:05 pm	No skating
Fri Jan 12	Nichols @ 8:00-9:50 am & 2:15-4:15 only	No skating
Fri Jan 19	Nichols @ 2:15-4:15 only	No skating
Fri Jan 26	Nichols @ 2:15-4:15 only	No skating
Mon Feb 19	Kinsmen 8:30-9:20 am & Nichols @ 2:30-3:20 pm only	Family Day

Last day of ticket ice is Wednesday, March 28, 2018

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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, 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.

Parent and Tot: For skaters 3 to 5 years of age, with little or no skating experience, with the assistance of a parent/guardian/caregiver. 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 may progress directly into the main CanSkate program upon mastering the Parent and Tot program.

Requirements for parent/caregiver:

- The parent/caregiver (adult) must be over the age of 18, and comfortable enough skating to assist their child on the ice. The parent/guardian must be on the ice with the child at all times.
- BOTH child and adult MUST purchase a Skate Canada membership (adult membership added upon registration in ADULT portion of program).
- ONE parent/guardian must register for EACH child on the ice, and the same adult must assist each week as the Skate Canada membership is non-transferrable.

CanSkate: For skaters aged 3 and up who have not passed Stage 6 of CanSkate. 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, BUT will be placed in their own group.

STARSkate: Figure skating for youth and adults

SELECT:

Accelerated learn to skate and figure skating program for young skaters, by invitation or coach recommendation. Parents may also request for an evaluation.

Select team Level 1 skaters must skate on at least **TWO** sessions per week in the 2017-18 Fall/Winter season: The Tuesday Select Group session is MANDATORY. Level 1 skaters MUST also skate on one full Fall/Winter CanSkate session of their choice.

Select team Level 2 skaters must skate on at least **TWO** sessions per week in the 2017-18 Fall/Winter season: The Tuesday and Thursday Select Group sessions are MANDATORY.

Select team Level 3 skaters must skate on at least **THREE** sessions per week in the 2017-18 Fall/Winter season: The Tuesday, Wednesday and Sunday Select Group sessions are MANDATORY.

Select team Level 4 skaters must skate on at least **THREE** sessions per week in the 2017-18 Fall/Winter season plus **ONE** ticket ice session per week: The Tuesday, Wednesday and Sunday Select Group sessions are MANDATORY.

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 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: 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



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Skating Qualifications, cont'd

INTERMEDIATE: 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 Free Skate successfully tested (both elements/solo) OR Junior Bronze Free Skate 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 Free Skate test.

JUNIOR/INTERMEDIATE/SENIOR STARSkate GROUP ONLY SESSION (Tuesday session 6:45-7:35 pm): A group format Free Skate Program for Junior, Intermediate and Senior qualified STARSkaters. Come improve and explore with your fellow London Skating Club Skaters in this fun group format figure skating program. We will be dividing the ice time to focus on various skills including stroking, edges, jumps, spins, field movements, skating skills and ice dance skills. The promises to be a fun and action-packed session!

Coaching and Lesson format on this Junior, Intermediate, Senior session will be provided in group format (which is included in your registration fee). Skaters will be divided in groups based on their abilities and strengths. Private coaching is not permitted during this session.

Qualifications – to skate on this session, a skater must fall into one of the following categories from qualifications listed above: Junior, Intermediate or Senior!

COST: Includes ice costs, and group coaching costs.

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:

NEW PROGRAM THIS YEAR!

CanPowerSkate's Pre-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 Session. **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 to motivate skaters

CanPowerSkate Level 1 is offered this year and is geared towards skaters aged approximately six or older who already have basic forward and backward skating skills (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.

Level 1 will focus on:

- Forward Stride
- Backward Stride
- 180 Tight Glide Turn (both directions)
- Backward Snowplow Stop
- Forward Side Stops (two feet-both directions)

***LEVELS 1 GOLD TO LEVEL 6...STAY TUNED FOR OUR NEW REVISED PROGRAM COMING IN THE SUMMER OF 2018!**