



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



SPRING PROGRAMMING: April 18 - June 12, 2017

Day	Monday	Tuesday	Wednesday	Thursday	Friday
CanSkate Group Lessons – Learn to Skate for Youth, Teens & Adults (ages 3 and up)					
Youth CanSkate Age 3 and up	Nichols "A" 5:00–5:50 pm	Nichols "A" 6:30–7:20 pm	Nichols "A" 6:30–7:20 pm		
Teen/Adult CanSkate Grade 9 and up	Apr 24-Jun 12 <i>No skating May 22</i>	Apr 25-Jun 6	Apr 19-Jun 7		
STARskate GROUP Lessons – Learn to Figure Skate					
Preliminary / Junior A Groups CanSkate Level 4 complete		Nichols "A" 5:00–6:30 pm (flood @ 5:50–6:00) Apr 25-Jun 6			Nichols "A" 5:00–6:30 pm (flood @ 5:50–6:00) Apr 21-Jun 9 <i>No skating May 26</i> NOTE: time/loc'n change May 19 7:00–8:30 on "B" pad
Select Team GROUP Lessons – Accelerated/PreCompetitive Figure Skating (by invitation only)					
Level 1 Tue and Thu groups mandatory		Nichols "A" 5:30–6:30 pm on-ice (flood @ 5:50–6:00) 6:40–7:10 pm off-ice <i>Private lesson cap (15 min)</i> Apr 25-Jun 6		Nichols "A" 5:30–6:30 pm on-ice (flood @ 5:50–6:00) 6:40–7:10 pm off-ice <i>No private lessons</i> Apr 20-Jun 8 <i>No skating Apr 27</i>	
Level 2 Tue and Thu groups mandatory Additional private session time optional, based on STARskate qualifications		Nichols "A" 5:00–6:30 pm on-ice (flood @ 5:50–6:00) 6:40–7:10 pm off-ice <i>Private lesson cap (15 min)</i> Apr 25-Jun 6	Qualified skaters see Prelim/Jr A/Jr B Private session (below), or Ticket ice, if additional sessions with private coach desired	Nichols "A" 4:30–6:30 pm on-ice (flood @ 5:50–6:00) 6:40–7:10 pm off-ice <i>No private lessons</i> Apr 20-Jun 8 <i>No skating Apr 27</i>	
Level 3 Tue and Thu groups mandatory Additional private session time recommended, based on STARskate qualifications	Qualified skaters see Jr B/Senior Private session (below), or Ticket ice for additional sessions with private coach desired	Nichols "A" 6:40–7:10 pm off-ice 7:20–8:50 pm on-ice (flood @ 7:50–8:00) <i>Private lesson cap (15 min)</i> Apr 25-Jun 6			
Level 4 Tue and Thu groups mandatory Additional private session time recommended, based on STARskate qualifications					
STARskate PRIVATE Sessions – Recreational and Competitive Figure Skating for Youth, Teens & Adults					
Preliminary			Nichols "A" 5:00–6:30 pm (flood @ 5:50–6:00) * 5:00–5:10 Stroking * Apr 19-Jun 7	See OPEN session	See OPEN session
Junior A				See OPEN session	See OPEN session
Junior B	Nichols "A" 6:00–7:20 pm NO Stroking Apr 24-Jun 12 <i>No skating May 22</i>	Nichols "A" 7:20–8:50 pm on-ice (flood @ 7:50–8:00) NO Stroking Apr 25-Jun 6		See OPEN session	See OPEN session
Senior			Nichols "A" 7:20–8:50 pm (flood @ 7:50–8:00) * 8:40–8:50 Stroking * Apr 19-Jun 7	Nichols "A" 7:20–8:50 pm (flood @ 7:50–8:00) Apr 20-Jun 8 <i>No skating Apr 27</i>	See OPEN session
Open session				Nichols "A" 6:30–7:20 pm Apr 20-Jun 8 <i>No skating Apr 27</i>	Nichols "A" 6:30–7:50 pm Apr 21-Jun 9 <i>No skating May 26</i> NOTE: time/loc'n change May 19 8:30–10:00 on "B" pad
Adult Skating Opportunities					
Teen/Adult CanSkate - Grade 9 and up	Shared groups with youth CanSkate – see above	Shared groups with youth CanSkate – see above	Shared groups with youth CanSkate – see above		
Adult StarSkate - age 17 and up Session structure 7:20–7:35 stroking (group), 7:35–8:20 free skate (private), 8:20 to 8:50 dance (private)	Nichols "A" 7:20–8:50 pm (flood @ 7:50–8:00) Apr 24-Jun 12 <i>No skating May 22</i>				
CanPowerSkate: Power skating for hockey and ringette skill development					
CanPowerSkate A-C Resumes in October				Guest skating w/ private coach on Open session * Schedule above * Contact Office to register	Guest skating w/ private coach on Open session * Schedule above * Contact Office to register
SynchroSkate: Synchronicity Synchronized Skating Teams					
Synchronicity Tryouts - more information to follow on website		Nichols "A" 5:00–8:50 pm Apr 18 only		Nichols "A" 5:00–8:50 pm Apr 27 only	



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



Spring StarSkate Important Dates/Special Programming

Tue Apr 18 & Thu Apr 27	5:00-8:50 pm	Synchronicity tryouts
Tue Jun 13	5:00-8:50 pm	STARSkate Test Day

Spring Program Ice 'No Skating Dates'

Tue Apr 18	5:00-8:50 pm	Synchronicity tryouts
Thu Apr 27	5:00-8:50 pm	Synchronicity tryouts
Fri May 19	5:00-8:00 pm	No skating
Mon May 22		Victoria Day
Tue Jun 13	5:00-8:50 pm	STARSkate Test Day

Last day of spring programming Mon Jun 12, 2017

SPRING TICKET ICE: April 3 – Jun 30, 2017

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings	Nichols "A" 8:00-9:50 am Apr 3-Jun 26	Nichols "A" 8:00-9:50 am Apr 4-Jun 27		Nichols "A" 8:00-9:50 am Apr 6-Jun 29	Nichols "A" 8:00-9:50 am Apr 7-Jun 30
Afternoons			Nichols "A" 2:30-3:50 pm Apr 5-Jun 28	Nichols "A" 2:30-4:20 pm Apr 20, 27, May 4,11,18,25 Jun 1, 8 2:30-4:00 pm Apr 6,13, Jun 15, 22, 29	Nichols "A" 2:00-4:20 pm Apr 14-Jun 30

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, 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.

ELIGIBILITY TO USE TICKET ICE:

- The Spring Ticket Ice package, that includes all dates listed above, can be purchased for:
 - \$50 if a skater has purchased at least 1 full regular skating session in the Spring season, **greater than one hour in length** (any 1 hour 20 min StarSkate private or group lesson)
 - \$150 if a skater has purchased at least 1 full regular skating session in the Spring season, **less than one hour in length** (any CanSkate session, or Thursday 6:30 pm Open session)
 - \$285 if you have not signed up for any full length spring programs
 - Synchronicity tryouts do not qualify as registrations for any ticket ice discount.
- Skaters must be current members of Skate Canada, or new members will be required to pay the \$35.70 Skate Canada Membership fee for insurance purposes.
- Purchase of the ticket ice package does NOT count as a qualifying program toward the spring multi-session discount.
- THERE WILL BE NO PRO-RATING OF TICKET ICE FEES AND THERE IS NO GUEST SKATING PERMITTED!

Spring Ticket Ice 'No Skating Dates'

Mon Apr 17	Easter Monday
Mon May 22	Victoria Day

Last day of ticket ice is Fri Jun 30, 2017

'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.



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



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.



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



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.

PreCanSkate: 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 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, and may be placed in their own group only if numbers warrant.

STARSSkate: Figure skating for youth and adults

SELECT: Accelerated learn to figure skate program for young skaters age 5-8, by invitation or coach recommendation only. Off-ice participation is mandatory.

Select team Level 1 skaters must skate on both Tuesday and Thursday group sessions in the 2017 Spring season.

Select team Level 2 skaters must skate on both Tuesday and Thursday group sessions in the 2017 Spring season. Level 2 skaters wishing additional ice time should consult their private coach, and may enroll in Ticket ice, or any STARSSkate private session for which they are qualified.

Select team Level 3 skaters must skate on both Tuesday and Thursday group sessions in the 2017 Spring season. Level 2 skaters wishing additional ice time should consult their private coach, and may enroll in Ticket ice, or any STARSSkate private session for which they are qualified.

Select team Level 4 skaters must skate on both Tuesday and Thursday group sessions in the 2017 Spring season. Level 2 skaters wishing additional ice time should consult their private coach, and may enroll in Ticket ice, or any STARSSkate private session for which they are qualified.

- *If unsure of your Select team level, please consult your base coach.*

PRELIMINARY:

Group Lessons: A skater may move to STARSSkate group figure skating lessons as early as completion of CanSkate Stage 4. Preliminary STARSSkaters 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 STARSSkate private upon completion of CanSkate Stage 6 AND upon approval of the skater's private coach (due to safety reasons).

JUNIOR: Junior STARSSkate consists of two levels, Junior A and Junior B.

- **Junior A:** 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
- **Junior B:** 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/fli



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



Skating Qualifications, cont'd

SENIOR: Complete Junior Silver Dance test (including Keats Foxtrot, Rocker Foxtrot, Harris Tango & American Waltz) OR Junior Silver Skills successfully tested OR Junior Bronze FreeSkate successfully tested (both elements/solo) OR Junior Bronze FreeSkate 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 FreeSkate test.

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: Power skating for hockey and ringette development

Formal CanPowerSkate programming resumes Oct 2017

Want private lessons to help improve on problem techniques? Power Skaters may opt to purchase lessons with a private coach, by guest skating on the OPEN StarSkate sessions through the Spring, for a fee of \$14/per half hour, plus private lesson fees paid directly to your coach. Check your coach's availability before registering for this option. Contact the office to register.

Notes about Spring 2017 programming:

Guest Skating: Prices will stay the same as for Fall/Winter. Contact the office to guest skate. Guest skaters must register and submit payment (cheque or request for invoice) at the music booth on qualifying STARSkate sessions.

- Full session: \$35
- 1 Hour \$26
- 1/2 hour: \$14

New Discounts for 2017 Spring: In order to increase affordability for skaters wishing to skate multiple times a week, and families with multiple skaters, we have increased discounts for skaters skating 3 sessions or more a week, and have increased our discounts for families with 3 or more participating skaters.

Multi session discounts:

- 2 full sessions skated in Spring 2017 = 5% all program fees
- 3 full sessions skated in Spring 2017 = 10% all program fees
- 4+ full sessions skated in Spring 2017 = 15% all program fees

Multi skater (family) discount:

- 5% off ALL programs, if 3 or more members of an immediate family register for skating programs. An immediate family members include parents and all dependent children living at the same address, and listed as participants under the same member on our website.