



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



SPRING SKATING PROGRAMS: April 16 - June 11, 2018 – CARLING ARENA Test day Tuesday June 12, 2018

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	Carling 5:00–5:50 pm Apr 16-Jun 11 No skating May 21		Carling 6:30-7:20 pm Apr 25-Jun 6	Carling 6:30-7:20 pm Apr 19-Jun 7 No skating April 26	
Teen/Adult CanSkate Grade 9 and up	Shared ice with Pre-Power. See below for details.				
STARSkate GROUP Lessons – Learn to Figure Skate					
Preliminary / Junior Groups CanSkate Level 4 complete		Carling 6:30-7:20 pm Apr 17-Jun 5			Carling 6:30-7:50 pm Apr 20-Jun 8 No skating May 25
Select Team GROUP Lessons– Accelerated/PreCompetitive Figure Skating (by invitation only)					
Level 1 CanSkate Add-on Pick one CanSkate/Add-On plus one of Tues/Thurs Group Session (below)	Carling 5-5:50 pm Apr 16-Jun 11 *with CanSkate		Carling 6:30-7:20 pm Apr 25-Jun 6 *with CanSkate	Carling 6:30-7:20 pm Apr 19-Jun 7 No skating April 26 *with CanSkate	
Level 1 Group Session Pick one CanSkate/Add-On plus one of Tues/Thurs Group Session (below)		Carling 5:30-6:30 pm (flood @5:50-6:00) Off-ice – 6:40-7:10 Apr 17-Jun 5		Carling 5:30-6:30 pm (flood @5:50-6:00) Off-ice – 6:40-7:10 Apr 19-Jun 7	
Level 2 Group Session Tues and Thurs Group Sessions mandatory Additional private session time optional if approved by Select Head Coach					
Level 3 Group Session Tues and Thurs Groups plus Friday session mandatory. Additional private session time optional if approved by Select Head Coach		Carling 5:00-6:30 pm (flood @5:50-6:00) Off-ice – 6:40-7:10 Apr 17-Jun 5		Carling 5:00-6:30 pm (flood @5:50-6:00) Off-ice – 6:40-7:10 Apr 19-Jun 7	Carling 6:30-7:50 pm Off-ice – 5:50-6:20 Apr 20-Jun 8 No skating May 25
Level 4 Group Session Tues and Thurs Groups, Friday sessions and one ticket ice session mandatory. Additional private session time optional if approved by Select Head Coach					Carling 5:00-6:30 pm Off-ice 6:40-7:10 (flood @5:50-6:00) Apr 20-Jun 8 No skating May 25
Level 5 Group Session					
STARSkate PRIVATE Sessions – Recreational and Competitive Figure Skating for Youth, Teens & Adults					
Preliminary			Carling 5:00-6:30 pm (flood @ 5:50-6:00) * 5:00-5:10 Stroking * Apr 25-Jun 6		See OPEN session
Junior					See OPEN session
Intermediate	Carling 6:00–7:20 pm NO Stroking Apr 16-Jun 11 No skating May 21		See OPEN Session	Carling 7:20-8:50 pm Apr 19-Jun 7 No skating Apr 26	See OPEN session
Senior		Carling 7:20-8:50 pm Apr 17-Jun 5	See OPEN Session		See OPEN session
Open session			Carling 7:20-8:50 pm (flood @ 7:50-8:00) * 8:40-8:50 Stroking * Apr 25-Jun 6		Carling 5:00-6:30 pm (flood @5:50-6:00) Apr 20-Jun 8 No skating May 25
Adult Skating Opportunities					
Teen/Adult CanSkate - Grade 9 and up	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)	Carling 7:20–8:50 pm (flood @ 7:50-8:00) Apr 16-Jun 11 No skating May 21				



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CanPowerSkate: Power skating for hockey and ringette skill development					
Pre-CanPowerSkate	Carling 5:00-5:50 pm Apr 16-Jun 11 No skating May 21 Shared ice with CanSkate. See above for details.				
SynchroSkate: Synchronicity Synchronized Skating Teams					
Synchronicity Tryouts - more information to follow on website	Carling 10am - 2 pm ** SUNDAY April 15		Carling 5:00-8:50 pm Apr 18 only	Carling 5:00-8:50 pm Apr 26 only	

Spring StarSkate Important Dates/Special Programming

Sun April 15, Wed April 18 and Thurs April 26	5:00-8:50 pm	Synchronicity tryouts
Tue Jun 12	5:00-8:50 pm	STARSkate Test Day

Spring Program Ice 'No Skating Dates'

Wed Apr 18	5:00-8:50 pm	Synchronicity tryouts
Thu Apr 26	5:00-8:50 pm	Synchronicity tryouts
Mon May 21		Victoria Day
Fri May 25	5:00-8:50 pm	No skate
Tue Jun 12	5:00-8:50 pm	STARSkate Test Day

Last day of spring programming Mon Jun 12, 2018

SPRING TICKET ICE PACKAGE: April 4 – Jun 29, 2018

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings	Carling "A" 8:00-9:50 am Apr 9-Jun 25 No skating May 21	Carling "A" 8:00-9:50 am Apr 10-Jun 26		Carling "A" 8:00-9:50 am Apr 5-Jun 28	Carling "A" 8:00-9:50 am Apr 6-Jun 29
Afternoons			Carling "A" 2:30-3:50 pm Apr 4-Jun 27	Carling "A" 2:00-3:50 pm Apr 5-Jun 28	Carling "A" 2:00-3:50 pm Apr 6-Jun 29

NOTES:

- CanSkate, Preliminary and Select Levels 1 & 2 skaters MUST be in a private lesson with their coach at all times while on the ice.
- Skaters in STARSkate Junior/Intermediate/Senior, or Select Levels 3/4/5 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.
- THERE WILL BE NO PRO-RATING OF TICKET ICE FEES AND THERE IS NO GUEST SKATING PERMITTED!

PRICE ADJUSTMENTS:

- The Spring Ticket Ice package, that includes all dates listed above, may be eligible for a price reduction, with the additional purchase of qualified program(s), as defined in Season Discounts section.

Spring Ticket Ice 'No Skating Dates'

Mon Apr 2	Easter Monday
Mon May 21	Victoria Day
Fri May 25	No Skate

Last day of ticket ice is Fri Jun 29, 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 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.



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Guest Skating

Guest skating is allowed on all Private STARSkate sessions that are not at session capacity. Skaters must contact the office in advance to determine if there is room on the session. Guest skaters must register and submit payment (cheque or request for invoice) at the music booth on qualifying STARSkate sessions. Payment is per half hour, hour, or full session, at the following rates.

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

2018 Spring Discounts and Promotions

In order to increase affordability for skaters wishing to skate multiple times a week, and families with multiple skaters, we offer discounts for skaters skating 3 sessions or more a week, frequent skater price adjustments for ticket ice, and discounts for families with 3 or more participating skaters.

Early bird discount:

- A 10% discount will be automatically applied to all **eligible programs*** registered by 11:59 pm on Feb 14

Multi session discounts: If an individual skater registers for 2 or more **eligible programs*** in the Spring 2018 season, the following discounts will apply:

- 2 full sessions = 5% off all **eligible programs***
- 3 full sessions = 10% off all **eligible programs***
- 4+ full sessions = 15% off all **eligible programs***

Multi skater (family) discount:

- 5% off ALL **eligible 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.

Ticket Ice Price Adjustments: available for skaters also purchasing other London Skating Club programs.

- The Spring Ticket Ice package, that includes all dates listed in the schedule, is eligible for a price reduction, with the purchase of qualified program(s), as defined below.
 - \$285 if you have not signed up for any full-length spring programs
 - \$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 Tue Preliminary/Junior Group session)
 - \$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), or skates on Select Levels 1-3 in the spring season
 - The price for ticket ice is included in program fees for Select Level 4-5 skaters, and will be reduced to \$0.
 - Synchronicity tryouts do not qualify as registrations for any ticket ice price reduction.

Notes:

- Select skating programs, synchronicity team tryouts, and the spring ticket ice package are not considered **eligible programs*** for purposes of any early bird, multi session, or multi skater (family) discounts.
- A skater in the Select Program will count toward as one skater in a family for the multi skater (family) discount, but the Select program itself will not be discounted.
- Discounts and price adjustments will be automatically added to your invoice if the qualifications are met. The club reserves the right to correct invoices after registration, if discounts are determined to not be applied in accordance with the above guidelines. Contact the office with questions about how invoices/price adjustments are applied.



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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.

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.

STARSkate: Figure skating for youth and adults

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

Select team Level 1 skaters Pick one CanSkate/Add-On plus one of Tues or Thurs Group Session.

Select team Level 2 skaters Tues and Thurs Group Sessions mandatory. Additional private session time optional if approved by Select Head Coach, and may enroll in Ticket ice, or any STARSkate private session for which they are qualified.

Select team Level 3 skaters Tues and Thurs Groups plus Friday session mandatory. Additional private session time optional if approved by Select Head Coach, and may enroll in any STARSkate private session for which they are qualified.

Select team Level 4 skaters Tues and Thurs Groups, Friday sessions and one ticket ice session mandatory. Additional private session time optional if approved by Select Head Coach, and may enroll in any STARSkate private session for which they are qualified.

- *If unsure of your Select team level, please consult your Select Lead coach or the Select Head Coach*

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

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



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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

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

Formal CanPowerSkate programming resumes Oct 2018