



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



SKATECANADA

SUMMER PROGRAMMING: June 25 – August 30, 2018 – CARLING ARENA

Test Day August 2, 2018

choose all dates or make your own package	Monday Jun 25-Jul 30	Tuesday Jun 26-July 31	Wednesday Jun 27-Aug 1	Thursday Jun 28-Jul 26 <i>No skating Aug 2 (Test Day)</i>	Friday			
CanSkate Group Lessons – Learn to Skate for Youth, Teens & Adults (ages 3 and up)								
Youth/Teen/Adult CanSkate Age 3 and up			Carling 6:30-7:20 pm					
STARSkate GROUP Lessons – Learn to Figure Skate								
Preliminary / Junior A Groups CanSkate Level 4 complete				Carling 6:30-7:20 pm				
Select Team GROUP Lessons– Accelerated/Pre-Competitive Figure Skating (by invitation only)								
Level 1 Tue and Thu groups: 8 sessions strongly recommended		Carling 5:00-6:30 pm on-ice (flood 5:50-6:00) Off ice 6:45-7:15	Carling 6:30-7:20 pm	Carling 5:00-6:30 pm on-ice (flood 5:50-6:00) Off ice 6:45-7:15				
Level 2 Tue and Thu groups: 8 sessions strongly recommended								
Level 3 Tue and Thu groups: 8 sessions strongly recommended					Carling 5:30-6:20 pm Off-ice -6:40-7:10			
Level 4 Tue and Thu groups: 8 sessions strongly recommended								
Level 5								
STARSkate PRIVATE Sessions – Recreational and Competitive Figure Skating for Youth, Teens & Adults								
Preliminary			Carling 5:30-6:20 pm					
Junior								
Intermediate	Carling 6:00-7:20 pm No Stroking	Carling 6:30-7:50 pm		Carling 7:20-8:50 pm (flood @ 7:50-8:00) *8:40-8:50 group stroking*				
Senior								
Open session			Carling 7:30-8:20 pm					
Adult Skating Opportunities								
Teen/Adult CanSkate - Grade 9 and up			Shared groups with youth CanSkate – see above					
Adult StarSkate (age 17 and up) Structure: 7:20-7:35 group stroking, 7:35-8:20 free skate, 8:20-8:50 dance	Carling 7:20-8:50 pm (flood 7:50-8:00)							
Competitive ticket ice								
Competitive ticket ice	Carling 8:00-9:50 am July 9 – Aug 13	Carling 2:00-3:50 pm Jul 10 - Aug 14	Carling 8:00-9:50 am Jul 11 - Aug 15	Carling 2:00-3:50 pm Jul 12 - Aug 16	Carling 8:00-9:50 am Jul 6 - Aug 17			
Late Summer Ticket Ice: Aug 13 - 30								
Late Summer Ticket Ice	Carling 8:00-9:50 am Aug 13-27	Carling 8:00-9:50 am & 2:30-3:50 pm Aug 14-28	Carling 2:30-3:50 pm Aug 15-29	Carling 8:00-9:50 am & 2:30-3:50 pm Aug 16-30				
CanPowerSkate: Power skating for hockey and ringette skill development								
CanPowerSkate			Pre- Canpower skate With CanSkate –see above					



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Summer Program Ice 'No Skating Dates'

Thurs Aug 2	5:00-8:50 pm	STARSSkate Test Day
Mon Aug 6	8:00-9:50 am	Civic Holiday

'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.

Special Programming for Summer 2018

SUMMER COMPETITIVE TICKET ICE: Jul 6 – Aug 10, 2018

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Competitive Ticket ice	Carling "A" 8:00-9:50 am July 9 – Aug 13	Carling "A" 2:00-3:50 pm Jul 10-Aug 14	Carling "A" 8:00-9:50 am Jul 11-Aug 15	Carling "A" 2:00-3:50 pm Jul 12-Aug 16	Carling "A" 8:00-9:50 am Jul 6-Aug 17

**** ONLY for skaters competing at the Star 5 or Pre-Juvenile levels or higher intended for preparation for summer/fall competitions ****

ELIGIBILITY TO USE SUMMER COMPETITIVE TICKET ICE:

- This ticket ice package is designed for competitive skaters who are preparing to compete in Summer/Fall 2017 competitions
- Skaters must intend to compete at the Star5 or Pre-Juvenile levels (or higher) in the upcoming competition season

PRICING FOR COMPETITIVE TICKET ICE:

- Qualified skaters can purchase the Competitive Ice package, including all of the dates above, for \$400
- This special package is not discountable, and does not contribute to multi-session discounts or Late Summer Ticket Ice discount

LATE SUMMER TICKET ICE: Aug 13 – Aug 30, 2018

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Late Summer Ticket Ice	Carling "A" 8:00-9:50 am Aug 13-27	Carling "A" 8:00-9:50 am & 2:30-3:50 pm Aug 14-28	Carling "A" 2:30-3:50 pm Aug 15-29	Carling "A" 8:00-9:50 am & 2:30-3:50 pm Aug 16-30	

ELIGIBILITY TO USE LATE SUMMER TICKET ICE:

- All CanSkate, Preliminary and Select Level 1 & 2 skaters MUST be in a private lesson with their coach at all times while they are on the ice.
- Skaters in STARSSkate Junior, STARSSkate Senior, or Select Level 3 & 4 & 5 under the age of 18 MUST have an adult/guardian present at all times.
- Adult session skaters and STARSSkate skaters over the age of 18 are eligible to use this ice in accordance with Ticket Ice eligibility (Adults skating at CanSkate and Preliminary skating levels MUST be in a private lesson with their coach, and cannot skate unattended).

PRICING FOR LATE SUMMER TICKET ICE:

- The Late Summer Ticket Ice package, that includes all dates listed above, can be purchased for:
 - \$50 if a skater has purchased at least 6 full regular skating sessions in the Summer season (guest skating excluded)
 - \$220 if a skater has NOT purchased at least 6 full regular skating sessions in the Summer season

Ticket Ice Rules (applies to both Competitive and Late Summer Ticket Ice):

- No music equipment/personnel will be provided at these sessions
- 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.
- THERE WILL BE NO PRO-RATING OF TICKET ICE FEES AND THERE IS NO GUEST SKATING PERMITTED!



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Notes about Summer 2018 programming:

Guest Skating: Contact the office to guest skate, prior to the day of the skating, to confirm space is available on the desired session. Guest skaters must register and submit payment (cheque only, or request invoice) at the music booth on qualifying private STARSkate sessions. Guest skating is not permitted on CanSkate, Preliminary or Select group sessions.

- Full session: \$35
- 1 Hour \$25
- 1/2 hour: \$15

Discounts for 2018 Summer:

Multi session discounts:

- Purchase 5-9 full evening skating sessions at the same time (on the same invoice), and receive 5% off each evening session purchased.
- Purchase 10 or more full evening skating sessions at the same time (on the same invoice), and receive 10% off each evening session purchased.

NOTE: if sessions are purchased on multiple invoices, the multi-session discount WILL NOT be applied, and the office WILL NOT manually apply this discount after registration.

Multi skater (family) discount:

- is not offered in the summer season

Exclusions:

- Competitive Ticket Ice are exempt from any discounts, and do not contribute as eligible programs for any multi session discounts.

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.



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STARSkate: Figure skating for youth and adults

SELECT Levels 1-5: Description coming.

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 a 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

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

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 FALL OF 2018!

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 Summer, for a fee of \$15/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.



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