



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



Session Qualifications and Description

Fall 2021

CanSkate (including PreCanSkate) 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.

The CanSkate curriculum focuses on balance, control and agility skills taught over 6 stages of learning. 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 awarded when all skills at a particular stage have been achieved.

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

PreCanSkate Qualifications:

- PreCanSkate is a learn to skate program for children 3 to 5 years of age, with little or no skating experience who have no badges/ribbons completed in the CanSkate program. 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. CSA approved hockey helmets are MANDATORY and face masks are highly recommended.

CanSkate Qualifications:

- CanSkate is a learn to skate program for skaters aged 5 and up who have not passed Stage 6 of CanSkate, and skaters aged 3 & 4 who have passed PreCanSkate. CSA approved hockey helmets are MANDATORY and face masks are highly recommended for ALL CanSkate sessions (including Adults/Teens) until completion of CanSkate Stage 5.
 - Upon completing Stage 3, skaters can choose to enroll into the CanPowerSkate program

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. Adults/teens will share the ice with youth CanSkate. CSA approved hockey helmets are MANDATORY and face masks are highly recommended for ALL CanSkate sessions including Adults/Teens) until completion of CanSkate Stage 5.



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



PowerSkate Program Descriptions:

The **PowerSkate** 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**.

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.

PowerSkate is taught in group format by a NCCP **PowerSkate** certified professional coach.

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.

PowerSkate 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. This hockey group will participate alongside the CanSkate Program working on strengthening their skating skills and working on CanSkate elements with a hockey twist and grouped with our CanPowerSkate coach. Limited spots available.
- **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



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



forwards to backwards and stopping. Full CSA approved hockey/ringette equipment required, including stick, helmet and neck guard.

Please note:

- Arrangements can be made to make up missed CanPowerSkate sessions, please see CanPowerSkate FAQ for details
- 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 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.

STAR:

- Please note these are "open style" sessions. Skaters will not have group lessons and are encouraged to work independently or with a private coach. These sessions will have a wide variety of skill level on the ice.

STAR 1-2 Groups: *note can still have private lessons with a coach during these sessions*

- Completed Stage 6 CanSkate
- Working on STAR 1 or STAR 2 FreeSkate, Skills, or Dance

STAR 1-3 Privates Only:



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



- Please note this is not group lessons and skaters are encouraged to have a private coach
- Completed Stage 6 CanSkate
- Working on STAR 1 up to STAR 3 FreeSkate, Skills, or Dance

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

Adult [STAR](#)Skate Program Description:

The Adult [STAR](#)Skate 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 [STAR](#)Skate Qualifications:

Adult StarSkate is for skaters aged 17 and up, who have successfully completed Star 2 Skills and/or Star 4A Dance (Swing 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.

SELECT Program

[CompetitiveSkate](#) Program Description (Select Program)

The [CompetitiveSkate](#) program is designed for skaters that wish to excel in the world of competitive figure skating and for those wishing to compete at the Star, Provincial, Challenge or National level. Skaters train year-round starting with 2 sessions a week and increasing in weekly sessions as they progress in the program levels.

The [CompetitiveSkate](#) program is taught by a Team Coaching approach. All skaters in this program are taught by a group of coaches who are like minded and work together.

As part of the [CompetitiveSkate](#) 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.



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



Our grassroots program, JR. ACADEMY, is an accelerated learn to figure skate program for skaters aged 4 and up. It is a group program focusing on the advanced skills of skating for the purpose of advancing to Star/Synchro/Competitive programs. These young skaters begin skating twice a week with a fitness/off-ice session year-round. In this program skaters will complete CanSkate and introduce/transition into Star 1/2 with the goal to start competing at the Star 1 level.

Our developmental program, ACADEMY, is designed to focus on Star 2-4 levels including competing and testing. Skaters work on developing/improving their basic skating skills and are in the intro stages of competing. The expectation is to skate 3 days a week along with fitness/off-ice classes year-round. As well as to compete 2-3 times throughout the year.

Our elite program, COMPETITIVE, is designed to focus on mastering skills for well-rounded skaters leveled Star 5 and above. The expectation is to skate 4-5 days a week along with fitness/off-ice classes year-round. Skaters will compete 3 to 4 times throughout the year with the intention to qualify for Provincials/Sectionals/Challenge/Nationals.

*Participation in this program is by invitation only through our Talent ID process, a coach recommendation or tryout. Parents may ask for a tryout/evaluation through the Convener or the office.

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 feedback from the judges at the events they've competed in. 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, because 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.



LONDON SKATING CLUB

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

A Skate Canada member club since 1907.



- 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.
- 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.