

## PROGRAMS

### **Pre-CanSkate** CSA Hockey Helmets mandatory

All skaters not passed Stage 1. Must be able to stand on ice and participate in group lesson at discretion of coach. Pre-CanSkate introduces children to the basic fundamentals of skating in a fun-filled atmosphere with Skate Canada Coaches and trained Program Assistants. Min. age 4 by Dec 31, 2018.

### **CanSkate** CSA Hockey Helmets mandatory

Skaters passed Stage 1. CanSkate advances the child's basic skating skills in accordance with Skate Canada's CanSkate Program. Skaters learn edge control, crosscuts and turns, with emphasis on balance and agility...all the basic skills needed for figure skating, ringette and/or hockey. Each session consists of a warm-up/stroking session, group lessons and private lessons are available. Min. age 4 by Dec 31, 2018.

### **Adult/Teen CanSkate** CSA Hockey Helmets mandatory

Adult/Teen CanSkate follows Skate Canada's program. Knee pads and wrist guards are encouraged. All stages offered for ages 14+. (Ages 18+ for Wed 8:10 session)

### **Advanced CanSkate**

Passed Stage 4 - Includes 45 minutes of group lesson. 15 minutes of free time available on most sessions for optional private coaching. Please contact coach directly for private/semi-private lessons. Helmets mandatory for skaters not passed Stage 5.

### **STARSkate A**

Passed Stage 6 - Includes group lessons. Group lessons must be supplemented by a minimum of one private lesson per week. Coach bios are available on our website. Please speak directly to the coach of your choice for further details.

### **STARSkate B**

Passed all Preliminary tests. Includes group lessons and/or stroking except Mondays/Wednesdays. Maximum of 20 skaters on each session. Skaters must retain the services of a club coach.

### **STARSkate C**

Passed JR Bronze Freeski Parts 1&2 AND SR Bronze Dances or SR Bronze Skills. - Includes group lessons and/or stroking except Mondays/Wednesdays. Maximum of 20 skaters on each session. Skaters must retain the services of a club coach.

### **Off-Ice Classes for STARSkaters – NEW!!**

Designed to improve performance on the ice and prevent injuries. Free access to all classes for the skater's level if registered for 2 days or more of on-ice sessions.

### **PowerSkate** CSA Hockey Helmets mandatory

Must be able to skate forwards, backwards (thrust and glide full length of rink) and stop or Stage 4 of the CanSkate program. Instructor will focus on power skating skills including- crossovers, acceleration, agility, edge control, stopping, power turns, efficient stride forwards and backwards. Full equipment and stick required.

## REGISTRATION

- **All registrations are done online only.** Please visit [www.wtsc.ca](http://www.wtsc.ca) to register.
- **All skaters must be registered at least 48 hours prior to the first day of the session. Payment is required to confirm registration.**
- **All members of the WTSC must be registered with Skate Canada.** The Skate Canada annual membership fee is \$36.00 (Sept 2018-Aug 2019)
- **Family Discount:** The first two highest-cost memberships are to be paid in full and then a 25% discount will be applied for each club membership thereafter.

### **Payments for STARSkate Skaters:**

Fees are for the entire year, but as an option, you can make two payments. Skate Canada fee must be added to the first payment.

Postdated cheques must be dated:

- 1<sup>st</sup> Payment – at time of registration
- 2<sup>nd</sup> Payment – Dec. 1, 2018

## DATES TO REMEMBER

Sept 4, 2018	Club Opens/STARSkate begins
Sept 5, 2018	New Skater Assessment
Sept 8, 2018	Used Skate/Dress Sale
Sept 8, 2018	CanSkate Fall Session begins
Sept 10, 2018	PowerSkate begins
Oct 6-8, 2018	Thanksgiving - Club Closed
Dec 1, 2018	Hockey Tournament - Club Closed
Dec 15, 2018	Mini Olympics
Dec 15, 2018	STARSkate Showcase
Dec 17, 2018	Last Fall CanSkate/Power Session
Dec 19, 2018	Last Fall STARSkate Session
Dec 19, 2018	New Skater Assessment
Dec 20, 2018-Jan 6, 2019	Christmas Break - Club Closed
Jan 7, 2019	STARSkate Sessions begin
Jan 7, 2019	CanSkate/Power Sessions begin
Feb 18, 2019	Family Day - Club Closed
March 11-16, 2019	March Break - Club Closed
April 13, 2019	Mini Olympics
April 13, 2019	Last CanSkate Session
April 18, 2019	Last STARSkate Session
April 29, 2019	Spring Sessions begin

## GUEST FEES

Guest fees are charged for participants who skate on STARSkate sessions other than those for which they have registered. Non-club members are limited to 2 guest skates/month. Must be current Skate Canada member.

## STARSkate TEST DAYS (tentative)

Thurs Nov 15  
Tues Feb 12  
Thurs Apr 18

## COACHING STAFF

LEGEND: CanSkate Core Coaches: ◇ STARSkate Core Coaches: ◆

Allison Proudfoot ◆◇	Jessica Cunha ◇
Amanda Tully ◆◇	Jodi Figliomeni
Anna Tsarouchas	Kaitlyn Campbell-Merriam ◇
Ashley Canini	Kalina Doruch ◆◇
Ashley Osika	Kelly Ebers ◇
Barbara Basar ◆◇	Lauren Gosnell
Catherine Zambrano ◇	Liliane Nguyen ◆
Chris Hockaday	Marsha Engel
Chunhui Lu	Nora Hollands ◇
Cristina Italia ◇	Olivia Compton ◇
Emmeline Berger ◇	Shirley Prokopiszyn ◆◇
Eric Ritter	Signe Barlow ◆

Coaches' biographies and certifications are available on our website.

## CLUB POLICIES

- All skaters must be registered and paid in full prior to the first day of the session with the West Toronto Skating Club and Skate Canada.
- Memberships are non-transferable between skaters and/or sessions. Registration fees are non-refundable without exceptions. Once session has started, the number of days you have committed to cannot be reduced.
- **Requests for credits will be considered due to medical reasons only and must be made in writing to the Board of Directors. No refunds.**
- Parents of children under 12 must stay in the arena. Parents of STARSkaters must remain with children under 10, recommended for 10-12 years.
- The West Toronto Skating Club is **NOT** responsible for any injury, loss or damage, however caused.
- All skaters must abide by the WTSC Rules and Regulations received at the time of registration online and posted on the website. In addition, STARSkaters must also abide by the Skaters' Etiquette.
- The WTSC reserves the right to cancel sessions/classes, limit the number of skaters per session/class and to change the session/class levels to benefit the club.
- A \$25.00 fee will be applied for any cheques returned, withdrawals prior to program start date and to change sessions after the program has begun.

## Cancelled Days

Please note that credits are given at the discretion of the Club and will not be given for days that are cancelled due to weather or circumstances beyond the Club's control.



# West Toronto Skating Club

## 2018 – 2019 Fall/Winter Skating Season

September 4 – April 18



McCormick Arena  
179 Brock Avenue  
Toronto, Ontario, M6K 2L7

416-588-1158  
[office@wtsc.ca](mailto:office@wtsc.ca)  
[www.wtsc.ca](http://www.wtsc.ca)

## CANSKATE

CSA approved hockey helmets are mandatory for all children and adults not passed Stage 5. (NO BICYCLE/SKI HELMETS)

### PRE-CANSKATE

All skaters not passed Stage 1. Must be able to stand on ice and participate in group lesson at discretion of coach. Min. age 4 by Dec 31, 2018.

Monday 1	5:30 - 6:15 pm
Monday 2	6:30 - 7:15 pm
Wednesday 1	5:30 - 6:15 pm
Wednesday 2	6:30 - 7:15 pm
Saturday 1	3:30 - 4:15 pm
Saturday 2	4:15 - 5:00 pm

### CANSKATE

Passed Stage 1 with ability to skate backwards (with push/glide) & stop. Min. age 4 by Dec 31, 2018.

Monday 1	5:30 - 6:15 pm
Monday 2	6:30 - 7:15 pm
Wednesday 1	5:30 - 6:15 pm
Wednesday 2	6:30 - 7:15 pm
Saturday 1	3:15 - 4:00 pm
Saturday 2	4:15 - 5:00 pm

### ADULT/TEEN

Monday	6:30 - 7:15 pm
Wednesday 1	5:30 - 6:15 pm
Wednesday 2	6:30 - 7:15 pm
Wednesday 3 (All Skating levels)	8:10 - 9:00 pm
Saturday 1	3:30 - 4:15 pm
Saturday 2	4:15 - 5:00 pm

### CANSKATE SESSION DATES & FEES

<b>SESSION FALL</b>		
Monday	Sept 10 - Dec 17	\$269
Wednesday	Sept 12 - Dec 12	\$269
Saturday	Sept 8 - Dec 15	\$250
Private Ice	(15 minutes Sept-Dec)	\$55

### SESSION WINTER

Monday	Jan 7 - April 15	TBD
Wednesday	Jan 9 - April 17	TBD
Saturday	Jan 12 - April 13	TBD
Private Ice	(15 minutes Jan-Apr)	TBD

### CanSkate Multi-Day Discount

2 days	10% off each session
3 days	25% off each session

**Private Lesson Ice:** Available for CanSkate/ PowerSkate private lessons with a WTSC coach. Only for skaters registered/participating in CanSkate or PowerSkate sessions. Ice fee payable to WTSC. Coach fees payable directly to your coach.

## ADVANCED CANSKATE

Passed Stage 4 – Incl. 45 minutes of group lesson.

### SESSION TIMES

Monday	6:15 - 7:15 pm
Tuesday	5:00 - 6:00 pm
Wednesday 1	5:30 - 6:15 pm
Wednesday 2	6:15 - 7:15 pm
Saturday 1	3:15 - 4:15 pm
Saturday 2	4:00 - 5:00 pm

### ADV. CANSKATE SESSION DATES & FEES

#### SESSION FALL

Monday	Sept 10 - Dec 17	\$323
Wednesday 1	Sept 12 - Dec 12	\$300
Wednesday 2	Sept 12 - Dec 12	\$323
Saturday	Sept 8 - Dec 15	\$300

#### SESSION WINTER

Monday	Jan 7 - April 15	TBD
Wednesday 1	Jan 9 - April 17	TBD
Wednesday 2	Jan 9 - April 17	TBD
Saturday	Jan 12 - April 13	TBD

### Advanced CanSkate Multi-Day Discount

2 days	10% off each session
3 days	25% off each session

## POWERSKATE

Assessment for suitability will be done during first class. CanSkate program may be recommended. CSA approved hockey helmets are mandatory.

### POWERSKATE

Monday	7:15 - 8:00 pm
Wednesday	7:15 - 8:00 pm
Private Ice (Mon)	6:15 - 6:30 pm
Private Ice (Wed)	6:15 - 6:30 pm

### POWERSKATE SESSION DATES & FEES

<b>SESSION FALL</b>		
Monday	Sept 10 - Dec 17	\$328
Wednesday	Sept 12 - Dec 12	\$328
Private Ice	(15 minutes Sept-Dec)	\$55

#### SESSION WINTER

Monday	Jan 7 - April 15	TBD
Wednesday	Jan 9 - April 17	TBD
Private Ice	(15 minutes Jan-Apr)	TBD

	Monday			Tuesday	Wednesday			Thursday		Saturday		
	Big ice	Small ice	Off Ice	Big ice	Big ice	Small ice	Big ice	Off Ice	Big ice	Small ice	Off Ice	
2:45												
3:00												
3:15												
3:30												
3:45												
4:00												
4:15												
4:30												
4:45												
5:00												
5:15	SS A 5:00-6:05 (30 min group)											
5:30												
5:45												
6:00												
6:15												
6:30	Adv CS 6:15-7:15 (45min grp)	Priv Ice CS / Adult CS 6:30-7:15	Off Ice SS A 6:15-7:00									
6:45												
7:00												
7:15												
7:30	Power 7:15-8:00		Off Ice SS B/C 7:00-8:00									
7:45												
8:00												
8:15												
8:30	SS B/C 8:10-9:00											
8:45												
9:00												

#### Off-Ice Classes:

Off-ice classes start on Saturday, September 29 and will be held in the Nixon Room. The classes are free to all our STARSkaters who register for two or more skating sessions per week in the Fall/Winter session (otherwise a usage fee of \$15/class will apply). Such STARSkaters have full access to all classes at their level and are not limited to classes on days on which they skate. Any STARSkater who wishes to attend a class that is not designated for their level must obtain approval in advance. The Club reserves the right to make changes to the off-ice classes and schedule, including cancellation of classes due to low attendance or for other reasons.

**Thursday Bonus Off-Ice Class:** The Thursday bonus classes will initially be held from 7:00 to 8:00 and will focus on off-ice jump technique for higher level skaters (SSC). First class is tentatively scheduled to take place September 27 or October 4 (date to be confirmed).

## STARSKATE A

Passed Stage 6

### STARSKATE A SESSION DATES

Mon	Sept 10 - Apr 15	5:00 - 6:05 pm
Tues	Sept 4 - Apr 16	5:00 - 6:00 pm
Thurs	Sept 6 - Apr 18	7:00 - 8:00 pm
Sat	Sept 8 - Apr 13	5:10 - 6:20 pm

### STARSKATE A SESSION FEES

Mon	\$590
Tues	\$565
Thurs	\$585
Sat	\$610

## STARSKATE B

Passed all Preliminary tests

### STARSKATE B SESSION DATES

Mon	Sept 10 - Apr 15	8:10 - 9 :00 pm
Tues	Sept 4 - Apr 16	6:10 - 7:15 pm
Wed	Sept 5 - Apr 17	4:30 - 5:20 pm
Thurs	Sept 6 - Apr 18	5:00 - 6:05 pm
Sat	Sept 8 - Apr 13	6:30 - 8:00 pm

### STARSKATE B SESSION FEES

Mon	\$475
Tues	\$620
Wed	\$455
Thurs	\$640
Sat	\$695

## STARSKATE C

Passed JR Bronze Freeskate (Parts 1 & 2)

AND SR Bronze Dance or SR Bronze Skills

### STARSKATE C SESSION DATES

Mon	Sept 10 - Apr 15	8:10 - 9:00 pm
Tues	Sept 4 - Apr 16	6:55 - 8:00 pm
Wed	Sept 5 - Apr 17	4:30 - 5:20 pm
Thurs	Sept 6 - Apr 18	5:45 - 6:50 pm
Sat	Sept 8 - Apr 13	6:30 - 8:00 pm

### STARSKATE C SESSION FEES

Mon	\$475
Tues	\$590
Wed	\$455
Thurs	\$610
Sat	\$680

### STARSkate A/B/C Multi-Day Discount

All SSA/B/C are strongly encouraged to skate at least

2 days per week	
2 days	10% off each session
3 days	25% off each session
4+ days	35% off each session