

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 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:

- 1st Payment – at time of registration
- 2nd 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
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 (Age 18+) | 8:10 - 9:00 pm |
| Saturday 1 | 3:30 - 4:15 pm |
| Saturday 2 | 4:15 - 5:00 pm |

CANSKATE SESSION DATES & FEES

SESSION FALL

| | | |
|-------------|-----------------------|-------|
| 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 | \$237 |
| Wednesday | Jan 9 - April 17 | \$258 |
| Saturday | Jan 12 - April 13 | \$258 |
| Private Ice | (15 minutes Jan-Apr) | \$55 |

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 | \$285 |
| Wednesday 1 | Jan 9 - April 17 | \$287 |
| Wednesday 2 | Jan 9 - April 17 | \$305 |
| Saturday | Jan 12 - April 13 | \$305 |

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

SESSION FALL

| | | |
|-------------|-----------------------|-------|
| 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 | \$290 |
| Wednesday | Jan 9 - April 17 | \$314 |
| Private Ice | (15 minutes Jan-Apr) | \$55 |

| | 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 | | | | | | | | | | | |
| 7:45 | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | |
| 8:15 | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | |
| 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 |