

**CANSKATE** is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Exciting new features include a fresh new look, new awards, great tools for coaches and most importantly a tested and proven new curriculum and delivery methods that develop stronger basic skills and develop them faster. This program also includes specific skills that pertain to hockey, ringette, speed skating and figure skating. Pre-CanSkate introduces younger children (3 to 4 years old) to the basic fundamentals of skating in a fun-filled atmosphere.

**CANPOWERSKATE** is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate's Pre-Power is designed for young skaters, approximately 4 to 6 years of age who can stand up on skates and move forward (shuffle, walk or glide) who may not be ready for CanPowerSkate

**RISINGSTAR** Skaters participate in a group-based skating session, learning more advanced figure skating specific skating skills. RisingSTAR is a transitional program that continues developing the basic fundamentals taught in CanSkate and introduces exercises designed to improve edge control, glide, agility, and precision over the blade as the skater progresses into STARSkate.

**STARSKATE** offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system.

**TEEN / ADULT** programs offer opportunities for those who are learning to skate (Teen/Adult CanSkate), for those interested in further developing skating skills for recreational skating/exercise, or for eventually playing hockey or figure skating (Teen/Adult RisingSTAR) or for those continuing their own development in Figure Skating (Adult Open sessions)

**OFF ICE** training is an essential part of a figure skater's training and develops co-ordination, motor skills, suppleness, speed, and confidence. Skaters require physical literacy beyond what they naturally have and by joining an off-ice session at least twice a week, skaters will progress their on-ice skills at a faster pace, and be able to handle the demands of jumping and spinning.

### DATES TO REMEMBER

Sept 3, 2019	Club Opens - All programs begin except CanSkate and CanPowerSkate
Sept 4-14, 2019	Parent INFO Week
Sept 7, 2019	Used Skate/Dress Sale
Sept 7, 2019	CanSkate & CanPowerSkate begins
Sept 9, 2019	PrePowerSkate begins
Sept 14, 2019	Welcome Back Party
Oct 12-14, 2019	Thanksgiving - Club Closed
Oct 21-26, 2019	CanSkate Assessment Week
Oct 26-31, 2019	Halloween Theme Week
Nov 18-23, 2019	Parent INFO Week
Dec 7, 2019	Hockey Tournament - Club Closed
Nov 30, Dec 9-13, 2019	CanSkate Assessment Week
Dec 11, 2019	STAR 5-10 + Gold Test Day
Dec 14, 2019	Mini Olympics
Dec 14-19, 2019	Holiday Theme Week
Dec 19, 2019	Last Fall Session
Dec 20, 2019-Jan 5, 2020	Christmas Break - Club Closed
Jan 6, 2020	All sessions begin
Jan 6-11, 2019	Parent INFO Week
Feb 17, 2020	Family Day - Club Closed
Feb 24-29, 2020	CanSkate Assessment Week
March 5, 2020	STAR 5-10 + Gold Test Day
March 16-22, 2020	March Break - Club Closed
April 4-10, 2020	CanSkate Assessment Week
April 11, 2020	Easter - Club Closed
April 13-18, 2019	Parent INFO Week
April 18, 2020	Mini Olympics
April 23, 2020	Last Winter Session
TBD	Fall/Spring Seminar
TBD	Holiday/Spring Showcase

### 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.

### GUEST FEES

Guest fees are charged for participants who skate on STARSkate sessions other than those for which they have registered. Non-club members must be current Skate Canada members. Maximum of 3 guest skates per season.

### CLUB POLICIES

- All skaters must be registered and paid in full prior to the first day of the session with WTSC and Skate Canada.
- Memberships are non-transferable between skaters and/or sessions. All 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.
- WTSC 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.
- 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.

### REGISTRATION

- All registrations are done online only. Please visit [www.wtsc.ca](http://www.wtsc.ca) to register. All skaters will be required to pay an annual registration fee of \$25 at the time of registration.
- 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 \$43.65 (Sept 1, 2019-Aug 31, 2020)
- Family Discount: The first two highest-cost skaters are to be paid in full and then a 25% discount will be applied for each sibling skater thereafter.
- Multi-Day Discount: Skaters (especially those in RisingSTAR or STARSkate) 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
- Payments for STAR and SR STAR Sessions: Fees are for the entire year, but as an option, you can make two payments. Skate Canada fee and registration fee must be added to the first payment. Postdated cheques must be dated: 1st Payment - At registration 2nd Payment - Dec. 1, 2019



# WTSC

## West Toronto Skating Club

2019 – 2020  
Fall/Winter  
Skating Season

September 3 – April 23

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)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Main Rink	Main Rink	Main Rink	Main Rink	Main Rink
5:00-5:45 STAR	5:00-5:45 STAR	4:30-5:20 SR STAR	5:00-6:20 SR STAR	2:00-2:45 CanSkate
5:45-6:30 CanSkate / RisingSTAR	5:45-6:30 CanSkate	5:20-6:05 RisingSTAR / STAR	6:20-6:30 FLOOD	2:45-3:30 RisingSTAR / STAR
6:30-6:40 FLOOD	6:30-6:40 FLOOD	6:05-6:50 STAR	6:30-7:15 CanSkate	3:30-4:15 STAR
6:40-7:25 OPEN	6:40-8:00 SR STAR	6:50-7:00 FLOOD	7:15-8:00 STAR	4:15-4:25 FLOOD
7:25-8:15 SR STAR		7:00-7:45 CanPowerSkate		4:25-5:15 SR STAR
8:15-9:00 CanPowerSkate		7:45-8:00 FLOOD		5:15-6:00 Teen/Adult RisingSTAR + Adult OPEN
		8:00-9:00 Teen/Adult RisingSTAR + Adult OPEN		6:00-6:10 FLOOD
				6:10-7:00 OPEN
				7:00-8:00 CanPowerSkate

Small Rink	Small Rink	Small Rink
5:30-6:00 PreCan/TA CS	5:30-6:00 PreCan/TA CS	3:30-4:15 CanSkate
6:00-6:30 PreCan/TA CS	6:00-6:30 PreCan/TA CS	4:15-4:45 PreCanSkate
6:30-7:15 PreCanPowerSkate	6:30-7:15 CanSkate	4:45-5:15 PreCan/TA CS

Off-Ice	Off-Ice	Off-Ice	Off-Ice
5:45-6:30 SR STAR	6:00-6:45 STAR	6:15-7:00 STAR	3:45-4:15 RisingSTAR
6:00-6:45 STAR	5:45-6:30 SR STAR	6:45-7:30 SR STAR	4:30-5:15 STAR
6:45-7:15 RisingSTAR			5:20-6:05 SR STAR

**\*\*OFF-ICE SESSIONS**

RisingSTAR, STAR and Sr STAR program fees include off-ice classes for the same level on the same day. Skaters registered for 2 or more days may access all off-ice classes for their level. Currently, off-ice sessions are not geared towards adults.

**PRE-CANSKATE** CSA Hockey Helmets mandatory  
All skaters not passed Stage 1. Min. age 3 by Sept 1, 2019. Session consists of 30 minute group lesson. Parents are encouraged to join the concurrent Teen/Adult CanSkate session.

Days	Date	Time	Fees
Monday	Sept 9-Dec16	530-600	\$195
Monday	Sept 9-Dec16	600-630	\$195
Wednesday	Sept 4-Dec18	530-600	\$225
Wednesday	Sept 4-Dec18	600-630	\$225
Saturday	Sept 7-Dec14	415-445	\$180
Saturday	Sept 7-Dec14	445-515	\$180

**CANSKATE** CSA Hockey Helmets mandatory  
Skaters passed Pre-CanSkate or are min. age 4 by Dec 31, 2019. Session consists of a 45 minute group lesson.

Days	Date	Time	Fees
Monday	Sept 9-Dec16	545-630	\$290
Tuesday	Sept10-Dec17	545-630	\$310
Wednesday	Sept11-Dec18	630-715	\$310
Thursday	Sept12-Dec19	630-715	\$310
Saturday	Sept 7 -Dec14	200-245	\$270
Saturday	Sept 7 -Dec14	330-415	\$270

**TEEN/ADULT CANSKATE** CSA Hockey Helmets mandatory

All stages offered for ages 14+. Knee pads and wrist guards are encouraged.

Days	Date	Time	Fees
Monday	Sept 9-Dec16	530-600	\$195
Monday	Sept 9-Dec16	600-630	\$195
Wednesday	Sept 4-Dec18	530-600	\$225
Wednesday	Sept 4-Dec18	600-630	\$225
Saturday	Sept 7-Dec14	445-515	\$180

**PRECANPOWERSKATE** CSA Hockey Helmets mandatory

Must be able to move forwards, backwards (thrust and glide) and stop or Stage 2 of the CanSkate program. Full equipment and stick required.

Days	Date	Time	Fees
Monday	Sept 9-Dec16	630-715	\$350

**CANPOWERSKATE** 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. Full equipment and stick required.

Days	Date	Time	Fees
Monday	Sept 9-Dec16	815-900	\$350
Wednesday	Sept11-Dec18	700-745	\$375
Saturday	Sept 7-Dec14	700-800	\$325

**RISINGSTAR** - By invitation / approval of Program Director. Passed Stage 2 CanSkate and interested in figure skating. Fee includes 45 minutes of group lesson on ice and applicable off-ice.\*\* Helmets mandatory for skaters not passed Stage 5 CanSkate

Days	Date	Time	Fees
Monday	Sept 9-Dec16	545-630	\$350
Wednesday	Sept 4-Dec18	520-605	\$360
Saturday	Sept 7-Dec14	245-330	\$330

**STAR**

Passed STAR 1 FreeSkate, Skills, & Dance Tests  
Fee includes 45 minutes of group lesson on ice and applicable off-ice\*\* for both Fall and Winter terms

Days	Date	Time	Fees
Monday	Sept 9-Apr20	500-545	\$660
Tuesday	Sept 3-Apr21	500-545	\$695
Wednesday	Sept 4-Apr22	605-650	\$640
Thursday	Sept 5-Apr23	715-800	\$695
Saturday	Sept 7-Apr18	330-415	\$615

**SR STAR**

Passed STAR 3 FreeSkate, Skills & Dance Tests  
Fee includes ice time and 20 minute edge class (Tue/Thu), and applicable off-ice\*\* for both Fall and Winter terms. Lessons to be arranged with coach directly

Days	Date	Time	Fees
Monday	Sept 9-Apr20	725-815	\$440
Tuesday	Sept 3-Apr21	640-800	\$690
Wednesday	Sept 4-Apr22	430-520	\$380
Thursday	Sept 5-Apr23	500-620	\$690
Saturday	Sept 7-Apr18	425-515	\$410

**TEEN/ADULT RISINGSTAR**

For teens and adults (age 14+) working on Stage 1 CanSkate and up. Fee includes ice time and 30 minute group lesson.

Days	Date	Time	Fees
Wednesday	Sept 4-Dec18	800-900	\$360
Saturday	Sept 7-Dec14	515-600	\$292

**OPEN SESSIONS**

Supplemental ice time for skaters registered for STAR & Sr STAR sessions (except in the case of Adult Open). May be used for private lessons or extra practice.

Days	Date	Time	Fees
Monday	Sept 9-Dec16	640-725	\$252
Saturday	Sept 7-Dec14	610-700	\$234

**Adult Open (18+)**

Wednesday	Sept 4-Dec18	800-900	\$304
Saturday	Sept 7-Dec14	515-600	\$234

# West Toronto Skating Club – September 3, 2019 to April 23, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>Main Rink</b>	<b>Main Rink</b>	<b>Main Rink</b>	<b>Main Rink</b>	<b>Main Rink</b>
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				7:00-8:00 CanPowerSkate
<b>Small Rink</b>		<b>Small Rink</b>		<b>Small Rink</b>
5:30-6:00 PreCan/TA CS		5:30-6:00 PreCan/TA CS		3:30-4:15 CanSkate
6:00-6:30 PreCan/TA CS		6:00-6:30 PreCan/TA CS		4:15-4:45 PreCanSkate
6:30-7:15 PreCanPowerSkate		6:30-7:15 CanSkate		4:45-5:15 PreCan/TA CS
<b>Off-Ice</b>	<b>Off-Ice</b>		<b>Off-Ice</b>	<b>Off-Ice</b>
5:45-6:30 SR STAR	6:00-6:45 STAR		6:15-7:00 STAR	3:45-4:15 RisingSTAR
6:00-6:45 STAR	5:45-6:30 SR STAR		6:45-7:30 SR STAR	4:30-5:15 STAR
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