

PROGRAMS

Pre-CanSkate CSA Hockey Helmet 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.

CanSkate CSA Hockey Helmet 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

Adult/Teen CanSkate CSA Hockey Helmet mandatory

Adult/Teen CanSkate follows Skate Canada's program. Knee pads and wrist guards are encouraged. All stages; ages 14+

Advanced CanSkate

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

Rising Stars – NEW!!

This is a supplementary program for skaters registered in Advanced CanSkate. The focus is on introduction to StarSkate skills, while simultaneously completing CanSkate Stages 5 & 6 on an Advanced CanSkate session. Includes a 50 minute group lesson during a StarSkate session plus 10 minutes of coach supported free time. Skaters registered in this program have access to the STARSkate A off-ice classes during the Spring session for no additional cost.

STARSkate A

Passed Stage 6 - Includes group lessons.

It is mandatory that these group lessons 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 STAR 3 tests. Includes group lessons except Mondays. Maximum of 20 skaters on each session. Skaters must retain the services of a club coach.

STARSkate C

Passed STAR 5 Freeskate Parts 1&2 AND SR Bronze Dances or SR Bronze Skills. - Includes group lessons except Mondays. Maximum of 20 skaters on each session. Skaters must retain the services of a club coach.

PowerSkate CSA Hockey Helmet 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.

COACHES

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

Allison Proudfoot ◆◇
Amanda Tully ◆◇
Anna Tsarouchas
Ashley Canini
Ashley Osika
Barbara Basar ◆◇
Catherine Zambrano ◇
Chunhui Lu
Cristina Italia ◇
Emmeline Berger ◇
Eric Ritter
Jessica Cunha ◇

Jodi Figliomeni
Kaitlyn Campbell-Merriam ◇
Kalina Doruch ◆◇
Kelly Ebers ◇
Lauren Gosnell
Liliane Nguyen ◆
Marsha Engel
Nora Hollands ◇
Olivia Compton ◇
Shirley Prokopiszyn ◆◇
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.**
- CanSkate/PowerSkate - Parents of children under 12 must stay in the arena. STARSkate - Parents of children under 10 must stay in the arena. Highly recommended for children 10-12.
- 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/classes 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

Spring/Summer 2019

Skating Season

April 29 - August 22

Closed Victoria Day (May 20)



McCormick Arena
179 Brock Avenue
Toronto, Ontario, M6K 2L7
416-588-1158
wtsc@wtsc.ca
www.wtsc.ca



CANSKATE/POWERSKATE

PRE-CANSKATE

All skaters not passed Stage 1 (**minimum 4 years old on start date**). Must be able to stand on ice and participate in a group lesson at the discretion of the club.

CANSKATE

Passed Stage 1 (ability to stop and skate backwards)

ADULT/TEEN CANSKATE

All CanSkate levels beginner to advanced; ages 14+. + Adult/Teen not offered Mon/Wed 5:30pm

| Spring Session | Time | Fees |
|--------------------|-------------|--------|
| Mon Apr 29-Jun 17 | 5:30-6:15pm | \$136+ |
| Mon Apr 29-Jun 17 | 6:30-7:15pm | \$136 |
| Wed May 1-Jun 19 | 5:30-6:15pm | \$153+ |
| Wed May 1-Jun 19 | 6:30-7:15pm | \$153 |
| Summer Session | Time | Fees |
| Tues Jul 2-Jul 23 | 6:30-7:15pm | TBD |
| Thurs Jul 4-Jul 25 | 7:30-8:15pm | TBD |
| Tues Jul 30-Aug 20 | 6:30-7:15pm | TBD |
| Thurs Aug 1-Aug 22 | 7:30-8:15pm | TBD |

ADVANCED CANSKATE

Passed Stage 4.

| Spring Session | Time | Fees |
|--------------------|-------------|-------|
| Mon Apr 29-Jun 17 | 5:30-6:30pm | \$169 |
| Mon Apr 29-Jun 17 | 6:15-7:15pm | \$169 |
| Wed May 1-Jun 19 | 5:30-6:30pm | \$191 |
| Wed May 1-Jun 19 | 6:15-7:15pm | \$191 |
| Summer Session | Time | Fees |
| Tues Jul 2-Jul 23 | 6:30-7:15pm | TBD |
| Thurs Jul 4-Jul 25 | 7:30-8:15pm | TBD |
| Tues Jul 30-Aug 20 | 6:30-7:15pm | TBD |
| Thurs Aug 1-Aug 22 | 7:30-8:15pm | TBD |

RISING STARS – NEW!!

Passed Stage 4 and registered in Advanced CanSkate

| Spring Session | Time | Fees |
|--------------------|-------------|-------|
| Tues Apr 30-Jun 18 | 5:00-6:00PM | \$180 |
| Thurs May 2-Jun 20 | 7:00-8:00PM | \$195 |

POWERSKATE-SPRING

Passed Stage 4 of the CanSkate program.

| Spring Session | Time | Fees |
|------------------|-------------|-------|
| Mon May 1-Jun 19 | 7:15-8:00pm | \$191 |

CanSkate/Power Private Lessons-Spring Only

Ice time is available for private lessons with a WTSC coach for skaters registered on a CanSkate/PowerSkate session. Additional coach fees are payable to your coach.

| Spring Session only (Ice Fee payable to WTSC) | Fees |
|-----------------------------------------------|------|
| Mon Apr 29-Jun 17 6:15-6:30pm | \$30 |
| Wed May 1-Jun 19 6:15-6:30pm | \$30 |

STARSKATE-SPRING

STARSKATE A

| Time | Fees |
|--------------------------------|---------|
| Mon Apr 29-Jun 17 5:00-6:05pm | \$170 |
| Tues Apr 30-Jun 18 5:00-6:00pm | \$170 |
| Wed May 1-Jun19 5:00-7:00pm | \$230++ |
| Thurs May 2-Jun 20 7:00-8:00pm | \$190 |

STARSKATE B

| Time | Fees |
|--------------------------------|---------|
| Mon Apr 29-Jun 17 8:10-9:00pm | \$165 |
| Tues Apr 30-Jun 18 6:10-8:00pm | \$235 |
| Wed May 1-Jun19 5:00-7:00pm | \$230++ |
| Thurs May 2-Jun 20 5:00-6:50pm | \$250 |

STARSKATE C

| Time | Fees |
|--------------------------------|---------|
| Mon Apr 29-Jun 17 8:10-9:00pm | \$165 |
| Tues Apr 30-Jun 18 6:10-8:00pm | \$235 |
| Wed May 1-Jun19 5:00-7:00pm | \$230++ |
| Thurs May 2-Jun 20 5:00-6:50pm | \$240 |

++The Wed session is a combined A/B/C session.

STARSKATE-SUMMER

STARSKATE A/B/C

| Time | Fees |
|--------------------------------|------|
| Tues Jul 2-Aug 20 6:00-8:00pm | TBD |
| Thurs Jul 4-Aug 22 6:00-8:00pm | TBD |

Additional STARSkate Info

STARSkate Test Days (tentative): Tues Jun 18

Skaters must hold a minimum 1-day/week full spring membership in order to test.

Discounts: All Programs

Spring Multi-Day Discount

| | |
|---------|----------------------|
| 2 days | 10% off session fees |
| 3+ days | 15% off session fees |

Spring Schedule

| | Monday | | | Tuesday | | Wednesday | | Thursday | | |
|------|------------------------------------|-------------------------------|--------------------------------|---------------------------------------------------------|------------------------------------------------|-------------------------------------------------------------|-------------------------------------|-----------------------------------------------------------|------------------------------------------------|--|
| | Big ice | Small ice | Off Ice | Big ice | | Big ice | Small ice | Big ice | Off Ice | |
| 4:30 | | | | | | | | | | |
| 4:45 | | | | | | | | | | |
| 5:00 | | | | SS A 5:00-6:00 (30 min group) | Rising Stars 5:00-6:00 (50 minute group) | | | | | |
| 5:15 | | flood | | | | | | | | |
| 5:30 | | PreCS/CS 5:30-6:15 | | | | SS A/B/C 5:00 - 7:00 (15 min group + 15 min stroking) | PreCS/CS 5:30-6:15 | SS B/C 5:00-6:50 (30 min B group + 15 min stroking) | | |
| 5:45 | | Adv CS 5:30-6:30 | | | | | Adv CS 5:30-6:30 | | | |
| 6:00 | | flood | | | | | Prv Ice 6:15-6:30 | | Off Ice SS A 6:05-6:50 | |
| 6:15 | | Prv Ice | Prv Ice 6:15-6:30 | | | | | | | |
| 6:30 | Adv CS 6:15-7:15 (45min grp) | CS / Adult CS 6:30-7:15 | Off Ice SS A 6:15-7:00 | | | | Adv CS 6:15-7:15 | | | |
| 6:45 | | Pre CS 6:30-7:15 | | | | | PreCS / CS Adult CS 6:30-7:15 | | | |
| 7:00 | | | Off Ice SS B/C 7:00-8:00 | SS B/C 6:10-8:00 (30 min dance + 15 min stroking) | | | | | | |
| 7:15 | | | | | | | | SS A 7:00-8:00 (30 min group) | Rising Stars 7:00-8:00 (50 minute group) | |
| 7:30 | Power 7:15-8:00 | | | | | | | | Off Ice SS B/C 7:00-8:00 | |
| 7:45 | | | | | | | | | | |
| 8:00 | flood | | | | | | | | | |
| 8:15 | | | | | | | | | | |
| 8:30 | SS B/C 8:10-9:00 | | | | | | | | | |
| 8:45 | | | | | | | | | | |
| 9:00 | | | | | | | | | | |

Off-ice classes 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 Spring and Summer sessions (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.