

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

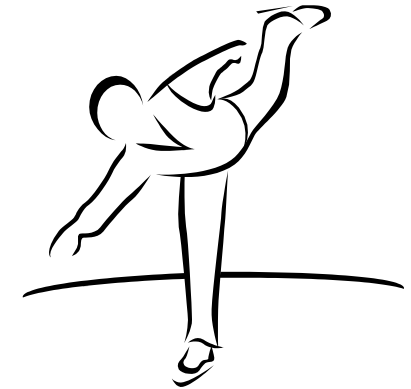


West Toronto Skating Club

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	\$82
Thurs Jul 4-Jul 25	7:30-8:15pm	\$82
Tues Jul 30-Aug 20	6:30-7:15pm	\$82
Thurs Aug 1-Aug 22	7:30-8:15pm	\$82

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	\$82
Thurs Jul 4-Jul 25	7:30-8:15pm	\$82
Tues Jul 30-Aug 20	6:30-7:15pm	\$82
Thurs Aug 1-Aug 22	7:30-8:15pm	\$82

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-Jun 19 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-Jun 19 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-Jun 19 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	FlexPack‡
Thurs Jul 4-Aug 22 6:00-8:00pm	FlexPack‡

‡ \$85 FlexPack fee includes 4 one-hour tickets to be used on any STARSkate session during the summer. [Please visit our website for more information.](#)

Additional STARSkate Info

STARSkate Test Days (tentative): Tues Jun 18
Tues Aug 20

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		food					food		
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	food			food			Prv Ice 6:15-6:30		Off Ice SS A 6:05-6:50
6:15		Prv Ice 6:15-6:30	Off Ice SS A 6:15-7:00						
6:30	Adv CS 6:15-7:15 (45min grp)	CS / Adult CS 6:30-7:15					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						
7:15									
7:30	Power 7:15-8:00				SS B/C 6:10-8:00 (30 min dance + 15 min stroking)				
7:45									
8:00	food								
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.