

**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 Learn to Skate Group Lessons), for those interested in further developing skating skills for recreational skating / exercise, or for eventually playing hockey or figure skating or for those continuing their own development in Figure Skating (Figure Skating 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 14-19, 2019	Mini Olympics Week
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 13-18, 2020	Mini Olympics Week
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

**2020  
Winter  
Skating Season**

**January 6 – 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
<b>Main Rink</b>	<b>Main Rink</b>	<b>Main Rink</b>	<b>Main Rink</b>	<b>Main Rink</b>
5:00-5:45 RisingSTAR/STAR	5:00-5:45 STAR	5:00-6:00 SR STAR	5:00-6:20 SR STAR	2:10-2:55 CanSkate
5:45-6:30 CanSkate	5:45-6:30 CanSkate	6:00-6:55 RisingSTAR / STAR	6:20-6:30 FLOOD	2:55-3:40 CanSkate
6:30-6:40 FLOOD	6:30-6:40 FLOOD	6:55-7:05 FLOOD	6:30-7:15 CanSkate	3:40-3:50 FLOOD
6:40-7:25 OPEN	6:40-8:00 SR STAR	7:05-7:50 CanPowerSkate	7:15-8:00 STAR	3:50-4:50 RisingSTAR / STAR
7:25-8:15 SR STAR		7:50-8:00 FLOOD		4:50-5:50 SR STAR
8:15-9:00 CanPowerSkate		8:00-9:00 Teen/Adult LTS Group Lessons + OPEN		5:50-6:00 FLOOD
				6:00-7:00 Teen/Adult LTS Group Lessons + OPEN

Small Rink	Small Rink	Small Rink
5:30-6:00 PreCanSkate/ TA LTS Group Lessons	5:30-6:00 PreCanSkate/ TA LTS Group Lessons	3:30-4:15 CanSkate
5:45-6:30 RisingSTAR	6:00-6:30 PreCanSkate/ TA LTS Group Lessons	4:15-4:45 PreCanSkate/ TA LTS Group Lessons
6:00-6:30 PreCanSkate/ TA LTS Group Lessons	6:30-7:15 CanSkate	4:45-5:15 PreCanSkate/ TA LTS Group Lessons
6:30-7:15 PrePowerSkate/ TA LTS Group Lessons		

Off-Ice	Off-Ice	Off-Ice	Off-Ice
5:45-6:30 SR STAR	5:45-6:30 SR STAR	6:15-7:00 STAR	3:00-3:45 RisingSTAR/STAR
6:00-6:45 RisingSTAR/STAR	6:00-6:45 STAR	6:45-7:30 SR STAR	3:45-4:30 SR STAR
6:45-7:15 RisingSTAR			Winter 2020

**\*\*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.

**TEEN/ADULT FIGURE SKATING SESSIONS**  
Ice time for Teens ( 14+ ) and Adults. May be used for private lessons or extra practice. Sessions include STAR, SR STAR and OPEN sessions. Fee includes ice time only and is available online. Skater must be approved by Program Director. Lessons to be arranged with coach directly.

**PRE-CANSKATE CSA Hockey Helmets mandatory**  
For skaters ages 3 and 4. Session consists of 30 minute group lesson. Parents are encouraged to join the concurrent Teen/Adult Learn to Skate group session.

Days	Date	Time	Fees
Monday	Jan 6 – Apr 20	530-600	\$195
Monday	Jan 6 – Apr 20	600-630	\$195
Wednesday	Jan 8 – Apr 22	530-600	\$225
Wednesday	Jan 8 – Apr 22	600-630	\$225
Saturday	Jan11 – Apr18	415-445	\$180
Saturday	Jan11 – Apr18	445-515	\$180

**CANSKATE CSA Hockey Helmets mandatory**  
Skaters are minimum age 4 by Dec 31, 2019. Session consists of a 45 minute group lesson.

Days	Date	Time	Fees
Monday	Jan 6 – Apr 20	545-630	\$290
Tuesday	Jan 7 – Apr 21	545-630	\$310
Wednesday	Jan 8 – Apr 22	630-715	\$310
Thursday	Jan 9 – Apr 23	630-715	\$310
Saturday	Jan11 – Apr18	210-255	\$270
Saturday	Jan11 – Apr18	255-340	\$270
Saturday	Jan11 – Apr18	330-415	\$270

**TEEN/ADULT LEARN TO SKATE GROUP LESSONS CSA Hockey Helmets mandatory**  
All levels of learn to skate accepted. Knee pads and wrist guards are encouraged for beginner skaters. Fee includes ice time and 30 minute group lesson ( Monday 45min ). Wednesday and Saturday evening class includes 30 additional minutes for practice time or for private lessons.

Days	Date	Time	Fees
Monday	Jan 6 – Apr 20	530-600	\$195
Monday	Jan 6 – Apr 20	600-630	\$195
Monday	Jan 6 – Apr 20	630-715	\$290
Wednesday	Jan 8 – Apr 22	530-600	\$225
Wednesday	Jan 8 – Apr 22	600-630	\$225
Wednesday	Jan 8 – Apr 22	800-900	\$360
Saturday	Jan11 – Apr18	415-445	\$180
Saturday	Jan11 – Apr18	445-515	\$180
Saturday	Jan11 – Apr18	600-700	\$292

**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	Jan 6 – Apr 20	630-715	\$290

**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	Jan 6 – Apr 20	815-900	\$350
Wednesday	Jan 8 – Apr 22	705-750	\$375

**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	Jan 6 – Apr 20	500-545	\$350
Monday	Jan 6 – Apr 20	545-630	\$350
Wednesday	Jan 8 – Apr 22	600-655	\$380
Saturday	Jan11 – Apr18	350-450	\$350

**STAR**  
Passed STAR 1 FreeSkate, Skills, & Dance Tests or approved by Program Director. 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 3-Apr20	500-545	\$660
Tuesday	Sept 3-Apr21	500-545	\$695
Wednesday	Sept 4-Apr22	600-655	\$640
Thursday	Sept 5-Apr23	715-800	\$695
Saturday	Sept 7-Apr18	350-450	\$615

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

Days	Date	Time	Fees
Monday	Sept 3-Apr20	725-815	\$440
Tuesday	Sept 3-Apr21	640-800	\$690
Wednesday	Sept 4-Apr22	500-600	\$380
Thursday	Sept 5-Apr23	500-620	\$690
Saturday	Sept 7-Apr18	450-550	\$410

**OPEN SESSIONS**  
Supplemental ice time for skaters registered for STAR & Sr STAR sessions. Exception for Teen/Adult advanced skaters approved by Program Director May be used for private lessons or extra practice.

Days	Date	Time	Fees
Monday	Jan 6 – Apr 20	640-725	\$252
Wednesday	Jan 8 – Apr 22	800-900	\$304
Saturday	Jan11 – Apr18	600-700	\$234

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<b>Main Rink</b>				
5:00-5:45 RisingSTAR/STAR	5:00-5:45 STAR	5:00-6:00 SR STAR	5:00-6:20 SR STAR	2:10-2:55 CanSkate
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6:00-6:30 PreCanSkate/ TA LTS Group Lessons	6:30-7:15 CanSkate	4:45-5:15 PreCanSkate/ TA LTS Group Lessons
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Off-Ice	Off-Ice	Off-Ice	Off-Ice
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6:45-7:15 RisingSTAR			<i>Winter 2020</i>

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Sept 9, 2019	PrePowerSkate begins	March 5, 2020	STAR 5-10 + Gold Test Day
Sept 14, 2019	Welcome Back Party	March 16-22, 2020	March Break - Club Closed
Oct 12-14, 2019	Thanksgiving - Club Closed	April 4-10, 2020	CanSkate Assessment Week
Oct 21-26, 2019	CanSkate Assessment Week	April 11, 2020	Easter – Club Closed
Oct 26-31, 2019	Halloween Theme Week	April 13-18, 2019	Parent INFO Week
Nov 18-23, 2019	Parent INFO Week	April 13-18, 2020	Mini Olympics Week
Dec 7, 2019	Hockey Tournament - Club Closed	April 23, 2020	Last Winter Session
Nov 30, Dec 9-13, 2019	CanSkate Assessment Week	TBD	Fall/Spring Seminar
Dec 11, 2019	STAR 5-10 + Gold Test Day	TBD	Holiday/Spring Showcase
Dec 14-19, 2019	Mini Olympics Week		
Dec 14-19, 2019	Holiday Theme Week		
Dec 19, 2019	Last Fall Session		
Dec 20, 2019-Jan 5, 2020	Christmas Break - Club Closed		