

**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

June 16	STAR 6-10 + Gold Test Day
TBD	Parent Information Session
TBD	Awards Gala

### 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



# WTSC

## West Toronto Skating Club

2020  
SPRING  
Skating Season

May 4 – June 18

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)

**SPRING 2020**

**May 4 – June 18**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Main Rink</b>			
5:00-5:45 RisingSTAR/STAR	5:00-5:45 RisingSTAR/STAR	5:00-6:00 SR STAR	5:00-6:20 SR STAR
5:45-6:30 CanSkate	5:45-6:30 CanSkate	6:00-7:00 RisingSTAR/STAR	6:20-6:30 FLOOD
6:30-6:40 FLOOD	6:30-6:40 FLOOD	7:00 Flood	6:30-7:15 RisingSTAR/STAR
6:40-7:25 OPEN	6:40-8:00 SR STAR		7:15-8:00 TA LTS Group Lessons + OPEN
7:25-8:15 SR STAR			
8:15-9:00 CanPowerSkate			

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

Off-Ice	Off-Ice	Off-Ice
5:45-6:30 SR STAR	5:45-6:30 SR STAR	5:30-6:15 RisingSTAR/STAR
6:00-6:45 RisingSTAR/STAR	6:00-6:45 RisingSTAR/STAR	6:25-7:10 SR STAR
6:45-7:15 RisingSTAR		

**\*\*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	May4-June15	530-600	\$85
Monday	May4-June15	600-630	\$85
Wednesday	May6-June17	530-600	\$105
Wednesday	May6-June17	600-630	\$105

**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	May4-June15	545-630	\$125
Tuesday	May5-June16	545-630	\$145
Wednesday	May6-June17	630-715	\$145

**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 ). Thursday evening class includes 15 additional minutes for practice time or for private lessons.

Days	Date	Time	Fees
Monday	May4-June15	530-600	\$85
Monday	May4-June15	600-630	\$85
Monday	May4-June15	630-715	\$125
Wednesday	May6-June17	530-600	\$105
Wednesday	May6-June17	600-630	\$105
Thursday	May7-June18	715-800	\$145

**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	May4-June15	630-715	\$125

**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	May4-June15	815-900	\$150

**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	May4-June15	500-545	\$150
Monday	May4-June15	545-630	\$140
Tuesday	May5-June16	500-545	\$175
Wednesday	May6-June17	600-700	\$180
Thursday	May7-June18	630-715	\$175

**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\*\*

Days	Date	Time	Fees
Monday	May4-June15	500-545	\$150
Tuesday	May5-June16	500-545	\$175
Wednesday	May6-June17	600-700	\$180
Thursday	May7-June18	630-715	\$175

**SR STAR**

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

Days	Date	Time	Fees
Monday	May4-June15	725-815	\$95
Tuesday	May5-June16	640-800	\$160
Wednesday	May6-June17	500-600	\$120
Thursday	May7-June18	500-620	\$160

**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	May4-June15	640-725	\$110
Thursday	May7-June18	715-800	\$128



# West Toronto Skating Club

**SPRING Schedule May 4 to June 18 2020**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Main Rink		Main Rink		Main Rink		Main Rink	
5:00-5:45 RisingSTAR/ STAR		5:00-5:45 RisingSTAR/ STAR		5:00-6:00 SR STAR		5:00-6:20 SR STAR	
5:45-6:30 CanSkate		5:45-6:30 CanSkate		6:00-7:00 RisingSTAR/ STAR		6:20-6:30 FLOOD	
6:30-6:40 FLOOD		6:30-6:40 FLOOD		7:00 FLOOD		6:30-7:15 RisingSTAR/ STAR	
6:40-7:25 OPEN		6:40-8:00 SR STAR				7:15-8:00 TA LTS Group Lessons + OPEN	
7:25-8:15 SR STAR							
8:15-9:00 CanPowerSkate							
Small Rink				Small Rink			
5:30-6:00 PreCanSkate/ TA LTS Group Lessons				5:30-6:00 PreCanSkate/ TA LTS Group Lessons			
5:45-6:30 RisingSTAR				6:00-6:30 PreCanSkate/ TA LTS Group Lessons			
6:00-6:30 PreCanSkate/ TA LTS Group Lessons				6:30-7:15 CanSkate			
6:30-7:15 PrePowerSkate/ TA LTS Group Lessons							
Off-Ice		Off-Ice				Off-Ice	
5:45-6:30 SR STAR		5:45-6:30 SR STAR				5:30-6:15 RisingSTAR/STAR	
6:00-6:45 RisingSTAR/STAR		6:00-6:45 RisingSTAR/STAR				6:25-7:10 SR STAR	
6:45-7:15 RisingSTAR							

## DATES TO REMEMBER

June 16	STAR 6-10 + Gold Test Day
TBD	Parent Information Session
TBD	Awards Gala