

COACHES

Name	Phone Number
Emily Allen	(613) 220-1214
Josh Allen	(613) 866-9573
Solange Boivin	(416) 452-5730
Carly Chow	(647) 290-2128
Larissa Gibson	(289) 355-2372
Galina Chegljova	(416) 485-9351
Justine Greenfiled	(437) 345-8291
Todd Holland	(438) 826-1467
Farin Khoshsorour	(647) 885-5453
Denise Kontopidis	(416) 444-0715
Stella Krasnoshtein	(416) 721-6942
Taje Michael Jones	(416) 871-5842
Beverly Mills Monseque	(647) 883-0741
Shelley Owens	(647) 235-2530
Susan Taylor	(647) 899-4887
Denise Wales	(416) 569-1144
Jocelyn Wong	(647) 972-2882
Jasmine Yu	(416) 720-2920

Private Lessons

For the list of our coaches and their qualifications please refer to our website.

CanSkate 1-6 - Private lessons available only during warm-up and cool down on CanSkate 1-6 sessions.
STARSkate (STAR 1& 2) - Private lessons are available in addition to group lessons.
STAR 3 and above - Skaters must hire a private coach. No private lesson is allowed during the first 15 minutes of group skills lesson.

Cost - Rates will vary based on qualifications and experience of the coach and on average one can expect to pay from \$9.00 to \$20.00 per 15-minute private lesson. Parents and skaters who wish to hire a private coach please **contact the coach directly**. Coaches have limited space available.

VOLUNTEER BOARD OF DIRECTORS

President - Bruce Marshall
Vice President - Barbara Herman
Treasurer - Takako Kato
Test/Competition Chair - June Leung
Secretary - Karen Li
Registrar - Catherine Chan
Coaching Representative - Taje Michael Jones
Program Coordinator - Susan Taylor

RULES

On Ice

- Skates must be worn on the ice.
- Corrective eyewear must be worn on the ice.
- **Jeans, shorts and revealing clothing are not acceptable on the ice.**
- Inappropriate behavior will not be tolerated.
- Eating, drinking (except bottled water) and gum chewing is not permitted on the ice.
- Coaches' music requests for skaters in a lesson have first priority.
- The skater whose music is being played has the right of way.
- Choreography must be done using a portable CD player, not through the general system.

Off Ice

- Defacing of club/arena property is prohibited and will result in loss of skating privileges.
- Only designated music operators and professional coaches are permitted to use the music equipment. **Parents and skaters are not allowed to use the music.**

Safety

- Skaters must not go on the ice until their session begins and a coach is on the ice.
- **Parents of skaters 10 and under must remain on the premises during their child's entire session.**
- **Skaters must not use the viewing area or bleachers to put on or take off skates.**
- CSA approved hockey helmets with face masks/cages are mandatory for Pre-Schoolers and are highly recommended for young skaters on the Pre-CanSkate and CanSkate sessions. Hockey helmets are mandatory for all CanSkate skaters stages 1 to 5; optional for stage 6.
- Helmets must have a chin strap in addition to the face mask strap. Fastening only the face mask strap is not sufficient protection.
- Doors leading to the ice surface are to be kept closed and latched.

(Refer to the **Upper Canada Handbook** on the website for full list of rules)

REGISTRATION & PAYMENT

ONLINE REGISTRATION ONLY. THERE ARE WAITING LISTS ON FULL SESSIONS. PROOF OF AGE MAY BE REQUIRED.

Registration cannot be confirmed unless submitted with:

- **FULL PAYMENT.** Payment by E-transfer, cash (exact amount please) and cheque (not post-dated) ONLY. Payable to UPPER CANADA SKATING CLUB. For E-Transfer, visit our website or ask the office for details. We **DO NOT** accept credit card payment.
- Full payment is due 7 days after the registration date or on or before a specified date that will be posted on the website. Application may be cancelled if payment is not received by the due date.
- Full payment includes the yearly **\$44** Skate Canada fee and the Upper Canada Club Fee of \$50 per family.

TERMS

Registration cannot be accepted from any skater with an outstanding balance.

A \$45 fee is charged for NSF cheques.

A \$50 processing fee is charged to all refunds.

A \$10 per day late fee will be charged for overdue payment (including guest skating fee). Application may be cancelled if full payment is not received by the due date. Application may also be cancelled if the skater does not show up for the first 2 weeks and has not notified us by email.

All private coaching fees are payable directly to the skater's coach. Upper Canada is not responsible for the collection of individual coaching fees and is not involved in any disputes between the skater/parent and the private coach. There are no substitutions of days.

Skate Canada tests cannot be tried unless all outstanding balances (including test fees) are paid in full.

There is a \$18.00 fee per skater to cover judges' hospitality in addition to test fees.

Guest skating fee must be paid in full before stepping on the ice. **Schedules are subject to change at the discretion of the club. Check the bulletin board or website for all changes.**

REFUND POLICY

Skate Canada Fee and Upper Canada Club Fee are non-refundable. Pro-rated refunds are possible until October 31, 2019. If a refund request is due to a medical situation, the request must be in writing, addressed to the Board of Directors and accompany with a doctor's note. A \$50 processing fee is charged for all refunds. No prorated fees for missed classes or late registration. No make ups or refunds for sessions missed due to illness, vacations, holidays, competitions, tests, bad weather, maintenance, equipment failure, breakdowns, repairs or management disputes. There are no refunds for guest skate, tests or club events once the fee is submitted.



CanSkate and STARSkate PROGRAMS

89 Church Avenue
Toronto, Ontario
M2N 6C9

www.uppercanadaskating.com

UpperCanadaSkating@Bellnet.ca

**2019-20
FALL/WINTER SEASON**

Sept.7 2019 - March 14, 2020

Register Online

UPPER CANADA SKATING CLUB: Fall/Winter Season

September 7, 2019 to March 14, 2020

CANSKATE PROGRAMS

Pre-School

This 30 min. program introduces the fundamentals of skating to very young children. A professional coach is on the ice at all times. Parents are not allowed on the ice. Ratio: 1:5 CSA approved hockey helmets with face-masks (cages) and chip straps are mandatory. No private lessons are available.

Eligibility - age 3 & 4 yrs. old as of Sept.30, 2019; no skating ability is required.

Pre-CanSkate

This 30-min. group lesson program is for skaters with very little or no skating ability. It is the starting point from which skaters advance to the CanSkate program. Ratio: 1:5. No private lessons are available. CSA approved hockey helmets with chip straps are mandatory and face-masks for younger skaters are highly recommended.

Eligibility – ages 5+ as of Sept.30, 2019; no skating ability is required.

CanSkate

CanSkate is Skate Canada's learn-to-skate program that teaches fundamental movement and basic skills. There are 6 stages to this program. Each class includes a 15 min. warm up, a 30 min. group lesson with a professional coach (1:10), and a 15 min cool down. Private lessons are available during the warm up and cool down.

SKATER CRITERIA: Skaters must have passed Pre-CanSkate or be able to skate the entire perimeter of the ice with speed, skate backwards and stop both forward and backwards. CSA approved hockey helmets are mandatory for stages 1 through 5 and optional for stage 6.

Eligibility – ages 5+ as of Sept.30, 2019; Skaters who register for CanSkate and do not meet the **SKATER CRITERIA** will be moved to Pre-CanSkate. If the Pre-CanSkate sessions are full at the time, the skater will not be able to skate, **no exceptions.**

Adult/Teen 13+ Learn To Skate

The Adult/Teen Learn to Skate program teaches the fundamentals of skating required for recreational skating, hockey, ringette and figure skating. Skaters are grouped by age and ability. Session includes a 15 min warm up, a 30 min group lesson. Private lessons are available.

Eligibility – Teens, age 13+ as of Dec.31, 2019; Adults, age 18+ as of Sept.30, 2019 ; no skating ability is required. CSA approved hockey helmets with chip straps are mandatory.

STARSKATE PROGRAMS

Note: Skating up or down one level is allowed only with written permission from the Board of Directors.

STAR 3 and above skater must hire a private coach for at least one 15 min. lesson on each skating day. Skating 2 days a week is recommended.

STAR 1

Skaters must have passed Stage 6 of the CanSkate program. Session includes a mandatory 15 min. group skills lesson & a 45 min. group freeskate/dance lesson. Skater can only leave the group lesson for 15 min. for private lesson. Helmets are not required.

STAR 2

Skaters should be landing 3 single jumps and have passed STAR 1. (STAR 1 Skills, Freeskate AND Dance). Session includes a 15 min. mandatory group skills lesson, a 30 min group lesson (freeskate/dance) and 15 min. private/practice time.

Skater can leave the group lesson for 15 min. for private lesson.

STAR 3

Skaters should be landing 4 single jumps and must have completed STAR 2. Skaters must have passed STAR 2 Skills, STAR 2 Freeskate Elements AND both STAR 2a and b Dances.

Skater skating on the STAR 3 session must hire a private coach on each skating day. Session includes a 15 min. group skills lesson.

STAR 4

Skaters should be landing 5 single jumps and have passed at least one of the following group(s) of tests:

- (1) Complete STAR 3 Freeskate (both Elements & Program) AND Skills; OR
- (2) Complete ALL STAR 4 & 5 Dances

Skater must hire a private coach on each skating day. Session includes a 15 min group skills lesson.

STAR 5-10

Skaters should be landing a single Axel and MUST have at least passed one of the following group(s) of tests:

- (1) Complete STAR 4 Freeskate (both Elements and Program) AND Skills; OR
- (2) Complete ALL Senior Bronze Dances (Ten Fox, Fourteenstep & European Waltz)

Skater must hire a private coach on each skating day. Session includes a 15 min group skills lesson.

Adult STARSkate

This program offers Adults the chance to improve their skating skills for recreational purposes, test and/or to compete. The Adult STARSkate session is combined with the STAR 5 session which includes a 15 min. group skills lesson. No other group lesson is provided in the Adult STARSkate session. Skater must hire private coach for a minimum of 15 minutes. **Skaters should have strong basic skating skills and are working on figure skating skills, freeskate and/ or dances.**

NOTE: Skaters participating in Pre-School, Pre-CanSkate, CanSkate 1-6, STAR 1 or 2 session must register at **least 2 days** in advance of the first class. **No walk-ins will be allowed to skate the same day.** No prorating of fees for missed classes.

GUEST SKATING

For STAR 3-10 and Adult STARSkaters only
Members: Maximum 10 guest skates with purchase of at least 1 regular session. Members are defined as skaters who are Upper Canada Home Club members and buy one regular session. Fee is \$20.

Non-members: Maximum 5 guest skates. Non-members include home club members who don't sign up for one session. Fee is \$30. **Skater must be a current member of a Skate Canada Club.** (Refer to the Guest Skating policy on the website for details)
Guest skating valid until Mar. 14, 2020.

PROGRAM ASSISTANT

Any STAR2 and above skater (10+) who is interested in being a Program Assistant for the Pre-School, Pre-CanSkate and/or CanSkate sessions, please contact our Program Coordinator.

PROGRAM	MON.	TUES.	WED.	THURS.	SAT.
PRE-SCHOOL age 3 & 4 yrs. old	4:25-4:55 pm or 5:35-6:05 pm \$552		6:35-7:05 pm \$600	5:25-5:55 pm \$624	9:25-9:55 am or 10:35-11:05 am \$624
PRE-CANSKATE ages 5+	4:25-4:55 pm or 5:35-6:05 pm \$552	6:50-7:20 pm \$576	6:35-7:05 pm \$600	5:25-5:55 pm \$624	9:25-9:55 am or 10:35-11:05 am \$624
CANSKATE 1-6 ages 5+	4:10-5:10 pm or 5:20-6:20 pm \$667	6:35-7:35 pm \$696	6:20-7:20 pm \$725	5:10-6:10 pm \$754	9:10-10:10 am or 10:20-11:20 am \$754
STAR 1	6:30-7:30 pm \$621		5:10-6:10 pm \$675		11:30 am-12:30 pm \$702
STAR 2	6:30-7:30 pm \$621		5:10-6:10 pm \$675		11:30 am-12:30 pm \$702
STAR 3		5:10-6:25 pm \$648	7:30-9:00 pm \$675	6:20-7:35 pm \$702	12:40-2:00 pm \$702
STAR 4		5:10-6:25 pm \$648	7:30-9:00 pm \$675	6:20-7:35 pm \$702	12:40-2:00 pm \$702
STAR 5-10	7:40-9:00 pm \$621		7:30-9:00 pm \$675	7:45-9:00 pm \$702	12:40-2:00 pm \$702
ADULT STARSKATE(18+)	7:40-9:00 pm \$621			7:45-9:00 pm \$702	
ADULT/TEEN13+ LEARN TO SKATE		7:45-9:00 pm Fall \$405 Winter \$243			

Prices are for skating 1 Day per week and **do not** include \$50 Upper Canada Club Fee and \$44 Skate Canada Fee. Times are subject to change.

Note: 5% Discount for skating 2 days per week; 10% for skating 3 days per week; and 15% for skating 4 or 5 days per week when register before Sept. 7, 2019. Multi-day discount is not applicable when register after the first class.

IMPORTANT DATES

First Day Skating - **Saturday Sept. 7, 2019**
Last Skating Day before the Winter Break – **Saturday 21 Dec. 2019**
Last Skating Day of Fall/Winter Session - **Saturday March 14, 2020**

HOLIDAYS Club Closed

Thanksgiving Monday – Oct. 14, 2019
Holiday Break: Dec. 23, 2019 –Jan. 1, 2020 (inclusive)
Family Day: Monday Feb. 17, 2020

TEST DAY - All regular skating sessions are cancelled.
Tuesday January 21, 2020
Test Day is for STARSkaters only.

CLUB EVENTS Regular skating sessions are cancelled.
Saturday February 22, 2020
CanSkate Challenge &STARSkate Showcase

Dates may be subject to change.