

## COACHES

Name	Phone Number
Emily Allen	(613) 220-1214
Carly Chow	(647) 290-2128
Galina Cheglova	(416) 485-9351
Larissa Gibson	(289) 355-2372
Justine Greenfiled	(437) 345-8291
Todd Holland	(438) 826-1467
Denise Kontopidis	(416) 444-0715
Stella Krasnoshtein	(416) 721-6942
Monique Mara	(416) 451-0686
Viktoria Peretokina	(647) 974-5212
Monica Pisotta	(647) 970-3149
Susan Taylor	(647) 899-4887
Denise Wales	(416) 569-1144
Jocelyn Wong	(647)-972-2882

**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.  
Private lessons are available only during the warm-up and cool down on CanSkate sessions; during the STAR 1 group lesson (15 min. private lesson only); during the STAR 2 lesson (15 min. private lesson only) and during the private lesson/practice time of the STAR 2 session.

Parents and skaters who wish to hire a private coach **must contact the coach directly**

## VOLUNTEER BOARD OF DIRECTORS

President – Vacant  
Vice President – Bruce Marshall  
Treasurer – Takako Kato  
Test/Competition Chair – June Leung  
Secretary – Karen Li  
Registrar – Catherine Chan  
Coaching Representative – Emily Allen  
CanSkate Coordinator – Susan Taylor  
STARSkate Coordinator – Monique Mara  
& 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 years old or 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)

## APPLICATIONS & PAYMENT

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

**Applications cannot be confirmed unless submitted with:**

- **FULL PAYMENT.** Payment by E-transfer (send E-transfer to UpperCanadaSkating@bellnet.ca), cash (exact amount please) and cheque (not post-dated) ONLY. Payable to UPPER CANADA SKATING CLUB. Visit our website for details. We DO NOT accept credit card payment.
- Full payment is due 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 **\$36** Skate Canada fee and the Upper Canada Club Fee of **\$15** per family (for new Spring members and skaters only).

## TERMS

Applications 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.** 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 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

Mitchell Field Arena  
89 Church Avenue  
Toronto, Ontario  
M2N 6C9

[www.UpperCanadaSkating.com](http://www.UpperCanadaSkating.com)

[UpperCanadaSkating@Bellnet.ca](mailto:UpperCanadaSkating@Bellnet.ca)

**2019  
SPRING SEASON  
Session 1**

**March 18, 2019 – May 14, 2019**

**Register Online**

# UPPER CANADA SKATING CLUB: Spring Season Session 1 Mitchell Field Arena

## March 18, 2019 to May 14, 2019

### 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: 5-to-1. Helmets with face-masks (cages) are mandatory. No private lessons are available.

**Eligibility** - age 3 & 4 yrs. old as of March 18, 2019; no skating ability required.

#### Pre-CanSkate

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

**Eligibility** – age 5+ as of March 18, 2019; no skating ability required.

#### CanSkate

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

**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 forwards and backwards. Helmets are mandatory for stages 1 through 5 and optional for stage 6.

**Eligibility** – age 5+ as of March 18, 2019; Skaters who sign up 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 15 min warm up, a 30 min group lesson and 30 min. private/practice time. Private lessons are available.

**Eligibility** – Teens, age 13+ as of May 15, 2019; Adults, age 18+ as of March 18, 2019 ; no skating ability required. Helmets are mandatory.

### STARSKATE PROGRAMS

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

Skating 2 days a week is recommended for STAR 3 and above skaters.

#### 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 must hire a private coach for at least one 15 min. lesson on each skating day.** Skater can also leave the group lesson for 15 min. for private lesson.

#### STAR 3

Skaters should be landing 4 single jumps and must have passed ALL the STAR 2 tests. STAR 2 Skills, FreeSkate (both Elements and Program), AND STAR 2a & b Dances.

**Skater 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.** 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 Advanced (STAR 5) session which includes a 15 min. group skills lesson and share ice with the Teen/Adult Learn to Skate session on Tuesdays. 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, STAR 1 or STAR 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 and above and Adult STARSkaters only**

**Members:** Maximum 5 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 3 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 May 13, 2019.**

#### PROGRAM ASSISTANT

Any STAR 2 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 CanSkate Coordinator.

PROGRAM	MON.	TUES.	WED.	THURS.	SAT.
<b>PRE-SCHOOL</b> age 3 & 4 yrs. old	4:25-4:55 pm or 5:35-6:05 pm <b>\$192</b>		6:35-7:05 pm <b>\$192</b>	5:25-5:55 pm <b>\$192</b>	9:25-9:55 am or 10:35-11:05 am <b>\$192</b>
<b>PRE-CANSKATE</b> age 5+	4:25-4:55 pm or 5:35-6:05 pm <b>\$192</b>	6:50-7:20 pm <b>\$192</b>	6:35-7:05 pm <b>\$192</b>	5:25-5:55 pm <b>\$192</b>	9:25-9:55 am or 10:35-11:05 am <b>\$192</b>
<b>CANSKATE 1-6</b> age 5+	4:10-5:10 pm or 5:20-6:20 pm <b>\$232</b>	6:35-7:35 pm <b>\$232</b>	6:20-7:20 pm <b>\$232</b>	5:10-6:10 pm <b>\$232</b>	9:10-10:10 am or 10:20-11:20 am <b>\$232</b>
<b>STAR 1</b>	6:30-7:30 pm <b>\$216</b>		5:10-6:10 pm <b>\$216</b>		11:30 am-12:30 pm <b>\$216</b>
<b>STAR 2</b>	6:30-7:30 pm <b>\$216</b>		5:10-6:10 pm <b>\$216</b>		11:30 am-12:30 pm <b>\$216</b>
<b>STAR 3</b>		5:10-6:25 pm <b>\$216</b>	7:30-9:00 pm <b>\$216</b>	6:20-7:35 pm <b>\$216</b>	12:40-2:00 pm <b>\$216</b>
<b>STAR 4</b>		5:10-6:25 pm <b>\$216</b>	7:30-9:00 pm <b>\$216</b>	6:20-7:35 pm <b>\$216</b>	12:40-2:00 pm <b>\$216</b>
<b>STAR 5-10</b>	7:40-9:00 pm <b>\$216</b>		7:30-9:00 pm <b>\$216</b>	7:45-9:00 pm <b>\$216</b>	12:40-2:00 pm <b>\$216</b>
<b>ADULT STARSKATE(18+)</b>	7:40-9:00 pm <b>\$216</b>	7:45-9:00 pm <b>\$216</b>		7:45-9:00 pm <b>\$216</b>	
<b>ADULT/TEEN13+ LEARN TO SKATE</b>		7:45-9:00 pm <b>\$216</b>			

Prices are for skating 1 Day per week and **do not** include \$15 Upper Canada Club Fee and \$36 Skate Canada Fee. Upper Canada Fee and Skate Canada Fee are for NEW Spring members/Skaters only. 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 Mar. 18, 2019. Multi-day discount is not applicable when register after the first class.**

#### IMPORTANT DATES

First Day Skating Monday March 18, 2019

Last Day Skating Monday May 13, 2019

Test Day – May 14, 2019

#### HOLIDAYS Club Closed

Easter Monday - Monday April 22, 2019

**TEST DAY - All regular skating sessions are cancelled.**

**Tuesday May 14, 2019.**

Test Day is for STARSkaters only.

**Dates may be subject to change.**