

COACHES

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Cassandra Tyson	(613) 540-0092
Susan Taylor	(647) 899-4887
Denise Wales	(416) 569-1144

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 Intro to Junior group lesson (15 min. private lesson only); during the Junior group lesson (15 min. private lesson only) and during the private lesson/practice time of the Junior session.

Parents and skaters who wish to hire a private coach **must contact the coach directly**. Coaches have limited space available.

VOLUNTEER BOARD OF DIRECTORS

President – Zenaida Chinea-Campbell
 Vice President – Raphael Leong
 Treasurer – Takako Kato
 Test/Competition Chair – Catherine Chan
 Secretary – Nittu Welsh
 Coaching Representative – Monica Pisotta
 CanSkate Coordinator – Susan Taylor
 STARSkate Coordinator – Adriana DeSanctis

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 tape recorder, 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)

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, 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 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.
- For new members ONLY, full payment includes the yearly **\$36** Skate Canada fee and the mandatory fund raising fee of \$15 per family.

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 \$13.00 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 Family Fund Raising 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 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

**2018
 SPRING SEASON**

March 19, 2018 - May 15, 2018

Register Online

UPPER CANADA SKATING CLUB: Spring Season

March 19, 2018 to May 15, 2018

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 Mar. 19, 2018; 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 Mar. 19, 2018; 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 Mar. 19, 2018
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 15 May, 2018; Adults, age 18+ as of Mar.19, 2018 ; 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 Intermediate and above skaters.

Introduction to Junior (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.

Junior (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.

Intermediate (STAR 2-3)

Skaters should be landing 4 single jumps and must have passed at least one of the following group(s) of tests:
(1) 3 of the 5 STAR 2 tests - STAR 2 Skills, Freeskate Elements, Program, STAR 2a, 2b Dance (Dutch Waltz & Canasta Tango); OR
(2) 3 tests with one being Preliminary Skills or 1 part of the Preliminary Freeskate.
Skater must hire a private coach on each skating day. Session includes a 15 min. group skills lesson.

Senior (STAR 3-4)

Skaters should be landing 5 single jumps and have passed at least one of the following group(s) of tests:
(1) Complete STAR 2 Freeskate (both Elements & Program) AND Skills; OR
(2) The complete Preliminary Freeskate (both Elements & Program) ; OR
(3) Jr. Bronze Skills; OR
(4) All Jr. Bronze Dances (Swing Dance, Fiesta Tango & Willow Waltz, equivalent to STAR 4a, 4b and 5a Dances)
Skater must hire a private coach on each skating day. Session includes a 15 min group skills lesson.

Advanced (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) STAR 4 Skills and STAR 4 Freeskate; OR
(1) The complete Jr. Bronze Freeskate (both Elements & Solo); OR
(2) Sr. Bronze Skills; OR
(3) All Sr. 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, Introduction to Junior or Junior 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 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 14, 2018.

PROGRAM ASSISTANT

Any Junior 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.
PRE-SCHOOL age 3 & 4 yrs. old	4:10-4:40 pm 4:40-5:10 pm 5:35-6:05 pm \$192		6:35-7:05 pm \$192	5:25-5:55 pm \$192	9:25-9:55 am or 10:35-11:05 am \$192
PRE-CANSKATE age 5+	4:10-4:40 pm 4:40-5:10 pm 5:35-6:05 pm \$192	6:50-7:20 pm \$192	6:35-7:05 pm \$192	5:25-5:55 pm \$192	9:25-9:55 am or 10:35-11:05 am \$192
CANSKATE 1-5 age 5+	5:20-6:20 pm \$232	6:35-7:35 pm \$232	6:20-7:20 pm \$232	5:10-6:10 pm \$232	9:10-10:10 am or 10:20-11:20 am \$232
CANSKATE 6	6:30-7:30 pm \$232	6:35-7:35 pm \$232	5:10-6:10 pm \$232	5:10-6:10pm \$232	11:30-12:30 pm \$232
INTRO TO JUNIOR (STAR 1)	6:30-7:30 pm \$216		5:10-6:10 pm \$216		11:30 am-12:30 pm \$216
JUNIOR (STAR 2)	6:30-7:30 pm \$216		5:10-6:10 pm \$216		11:30 am-12:30 pm \$216
INTERMEDIATE (STAR 2-3)		5:10-6:25 pm \$216	7:30-9:00 pm \$216	6:20-7:35 pm \$216	12:40-2:00 pm \$216
SENIOR (STAR 3-4)		5:10-6:25 pm \$216	7:30-9:00 pm \$216	6:20-7:35 pm \$216	12:40-2:00 pm \$216
ADVANCED (STAR 5-10)	7:40-9:00 pm \$216		7:30-9:00 pm \$216	7:45-9:00 pm \$216	12:40-2:00 pm \$216
ADULT STARSKATE(18+)	7:40-9:00 pm \$216	7:45-9:00 pm \$216		7:45-9:00 pm \$216	
ADULT/TEEN13+ LEARN TO SKATE		7:45-9:00 pm \$216			

Prices are for skating 1 Day per week and **do not** include \$15 Fund Raising Fee and \$36 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 March 19, 2018.

IMPORTANT DATES

First Day Skating Monday Mar. 19, 2018
Last Day Skating Monday May 14, 2018
Annual General Meeting May 9, 2018
Test Day Tuesday May 15, 2018

HOLIDAYS Club Closed

Easter Monday – Apr. 2, 2018

TEST DAY - All regular skating sessions are cancelled.

Tuesday May 15, 2018.

Test Day is for STARSkaters only.

Dates may be subject to change.