

COACHES

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

Private Lessons

CanSkate 1-6 - Private lessons are available only during the 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.

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 **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
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 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 for 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. 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 (for new Spring2 & Summer members and skaters only). **Skate Canada membership is valid from 1 September 2018 to 31 August 2019.**

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 (including STAR Assessment) cannot be tried unless all outstanding balances (including test fees) are paid in full.
- 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 is 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

Paramount Ice Complex
1107, Finch Ave. W.
North York, Ont.

[Website: www.uppercanadaskating.com](http://www.uppercanadaskating.com)

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

2019 SPRING 2 & SUMMER

May 27, 2019 – June 19, 2019

July 8, 2019 – August 14, 2019

Register Online

UPPER CANADA SKATING CLUB: Spring & Summer 2019 – Paramount Ice Complex

May 27, 2019 to August 14, 2019

CANSKATE PROGRAMS

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: 1:8. No private lessons are available. Helmets are mandatory and face-masks for younger skaters are highly recommended.

Eligibility – ages 5+ as of May 15, 2019

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 10 min. warm up, a 30 min. group lesson with a professional coach (1:10), and a 10 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. Helmets are mandatory for stages 1 through 5 and optional for stage 6.

Eligibility – ages 5+ as of May 15, 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 a 10 min warm up, a 30 min group lesson and a 10 min. private/practice time. Private lessons are available.

Eligibility – Teens, ages 13+ as of May 15, 2019; Adults, ages 18+ as of May 15, 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.

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 30 min. group lesson and a 15 min. private/practice time. 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 30 min group lesson and a 15 min. private/practice time. 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.

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.

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.

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 sessions.

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-CanSkate, CanSkate, Teen/Adult Learn to Skate, 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

Guest Skating is available only if our STARSkate session is not full. For STAR 3 and above and Adult STARSkaters only. Send email to UpperCanadaSkating@bellnet.ca to inquire about availability.

Members: Members are defined as skaters who are Upper Canada Home Club members and have registered for the Spring2 and/or Summer sessions. Fee is \$20.

Non-members: Non-members include home club members who do not register 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 August 14, 2019.

PROGRAM ASSISTANT

Any STAR 2 and above skater (10+) who is interested in being a Program Assistant for the Pre-CanSkate and/or CanSkate sessions, please contact our Program Coordinator.

PROGRAM	Spring 2 May 27 - Jun 19		Summer Jul 8 - Aug 14	
	MON.	WED.	MON.	WED.
PRE-CANSKATE age 5+	5:05-5:35 pm \$96	6:35-7:05 pm \$96	6:35-7:05 pm \$120	7:35-8:05 pm \$144
CANSKATE 1-6 age 5+	4:55-5:45 pm \$100	6:25-7:15 pm \$100	6:25-7:15 pm \$125	7:25-8:15 pm \$150
ADULT/TEEN13+ LEARN TO SKATE	4:55-5:45 pm \$88	6:25-7:15 pm \$88	6:25-7:15 pm \$110	7:25-8:15 pm \$132
STAR 1	5:55-6:45 pm \$88	7:25-8:15 pm \$88	7:25-8:15 pm \$110	6:25-7:15 pm \$132
STAR 2	5:55-6:45 pm \$88	7:25-8:15 pm \$88	7:25-8:15 pm \$110	6:25-7:15 pm \$132
STAR 3	5:55-6:45 pm \$88	7:25-8:15 pm \$88	7:25-8:15 pm \$110	6:25-7:15 pm \$132
STAR 4	5:55-6:45 pm \$88	7:25-8:15 pm \$88	7:25-8:15 pm \$110	6:25-7:15 pm \$132
STAR 5-10	5:55-6:45 pm \$88	7:25-8:15 pm \$88	7:25-8:15 pm \$110	6:25-7:15 pm \$132
ADULT STARSKATE (18+)	5:55-6:45 pm \$88	7:25-8:15 pm \$88	7:25-8:15 pm \$110	6:25-7:15 pm \$132

Prices are for skating 1 Day per week and **do not** include the \$36 Skate Canada Fee. Skate Canada Fee are for NEW Spring 2 or Summer members/Skaters only. Times are subject to change.

Note: 5% Discount for skating 2 days per week when register before May 27, 2019. Multi-day discount is not applicable when register after the first class.

IMPORTANT DATES

Spring 2 Session

First Day Skating Monday May 27, 2019

Last Day Skating Wednesday June 19, 2019

Summer Session

First Day Skating Monday July 8, 2019

Last Day Skating Wednesday August 14, 2019

HOLIDAYS Club Closed

Civic Holiday Monday August 5, 2019

Dates may be subject to change.