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## Programs Offered

**Learn To Skate** - The PreCanSkate and CanSkate programs teach skating fundamentals for use by recreational, hockey, ringette or figure skaters. Only skaters and coaches are allowed on the ice. All skaters must wear warm mitts/gloves and a CSA approved hockey/skating helmet.

**PreCanSkate** - The Learn to Skate Pre Can program is **intended for skaters with limited or no previous skating experience**. The session consisting of a 10 minute warm-up off of the ice, a 30-minute on-ice group lesson and a 10 minute off-ice cool down with a Professional Coach is designed to focus on balance, introduction of basic skills, and making skating fun through the use of games, toys, activities and music.

**CanSkate** - Can Skate is Skate Canada's flagship learn-to-skate program, **intended for skaters who have not completed CanSkate Stage 5**. Lessons are given in a group format led by certified professional Coaches and assisted by trained Program Assistants. The program is 50 minutes long, featuring warm-up, coached lessons and free skate time.

**PreSTARS** - For skaters who have **completed CanSkate stage 3 and are interested in continuing in the STARSkate program**. Lessons are given in a group format led by certified professional Coaches. The program is 30 minutes long, featuring stroking and skills and is intended as an add-on to the Can Skate program to prepare for the STARSkate program.

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### Two Seasons Offered for Learn-to-skate for 2018/2019

Fall Season – October 1, 2018 – December 20, 2018;

Winter Season – January 7, 2019 – March 1, 2019

Inclement weather is a natural occurrence in Canada. While PPSC does not cancel sessions due to inclement weather neither do we expect anyone to travel in inclement weather, if you do not feel it is safe to do so. Regular lesson format may not be offered but some type of lessons will be taught. Due to registration restrictions on sessions and ice time available to PPSC, make-up sessions are not offered.



**STARSkate (Skills, Tests, Achievement, Recognition) – this is what STAR Skate is all about!**

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. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Each session includes group instruction with a professional coach plus free time for practice. Private lessons are strongly recommended and may be arranged with individual coaches (A coaching representative is a must at the very least)

**Junior STARS** - For skaters who have completed CanSkate stage 5, working on Can Skate stage 6 and have not yet passed the Star 3 Free Skate. Junior STARS sessions include group lessons with a club coach.

**Senior STARS** - For skaters who have completed the Star 3 Free Skate, skills and dance. Senior STARS sessions include group lessons with a club coach (except for Mondays).

**STARSkate Season runs from September 10, 2018 – March 1, 2019**

**SynchroSKATE** - generally involves a group of eight or more skaters performing various group formations and maneuvers. "Synchronized" refers to the importance of unison, the accuracy of the formations and the synchronization of the team. The objective of synchronized skating is to have skaters performing as one as opposed to a group of soloists.

**Beginner** - This program includes a synchro Off-Ice training component, immediately following the on-ice session (please bring running shoes). This program **MUST** be done in conjunction with another STARSkate program.

**Adult** – This program is offered to skaters aged 18+

**Dryland Training** – designed to help skaters improve their strength, flexibility and conditioning, and is included in the registration of any STARSkate ice session. *Please bring running shoes to each session. You may also bring a mat or towel for floor exercises (Starts the week of September 10 and finishes the week of March 4)*



**Non-Skating Days for 2018-2019**

**STARSkate Test Days (ALL REGULAR SKATING LESSONS ARE CANCELLED)**

*Test Day 1 – November 1, 2018*

*Test Day 2 – December 20, 2018*

*Test Day 3 – February 28, 2019*

**No Classes** – Thanksgiving - October 8, 2018; Christmas Break –December 21, 2018 to January 6, 2019; Family Day - February 18, 2019; March Break - March 8, 2019 to March 17, 2019

**Special Christmas Event** – we will be holding a special event for the Holidays on Tuesday December 18, 2018, there will NOT be any regular lessons that evening (all skaters all invited to join us no matter what sessions they are registered for)

**Year End Carnival** –This is our 60<sup>th</sup> Anniversary as a club. Carnival will be a celebration of those 60 years. Scheduled for March 30, practices for carnival will run from March 4-7 & March 18-29. **NO REGULAR LESSONS WILL BE OFFERED DURING THIS TIME.** If your skater is not going to be available for these three weeks, they will not be able to participate in the carnival due to the intense time frame for learning the routines for the show



### **Terms and Conditions**

All fees include Skate Canada Skater Membership, Insurance and Registration Fee. Registrations will be on a first come basis. There will be a maximum number of skaters allowed per session. Preferred payment method is cheque, but cash is also accepted. Cash payments must be made in full at registration – no partial cash payments. Post-dated cheques will be accepted on the following schedule: 25% at Registration; balance by the midpoint of the program. NSF cheques will be charged \$30. Payments can be made in person, by mail, or to the PPSC Drop Box located inside Pad 2 at Scugog Arena. No refunds will be provided after six weeks. No skater will be allowed on the ice until all forms and payment are received or arranged for. Skaters not in good standing may be removed from programs, competitions or Tests. A skater may withdraw from any program for any reason within 6 weeks of the start of the program and receive a partial refund of fees. Fundraising activities account for 15% of the PPSC budget. Volunteers can earn rebates of registration fees. Volunteer opportunities and requirements are posted on the bulletin board inside Pad 2 at Scugog Arena.

### **Notice of Collection Statement**

Your privacy and the protection of your personal information are important to us. Your personal information is required to register you with Skate Canada in any capacity, including, without limitation, as a Skate Canada registrant, coach or in connection with your affiliation with a skating club or skating school and to administer various services, such as Skate Canada events. Your personal information may also be exchanged with Skate Canada affiliates which includes your local skating club or skating school or provincial association or section. By submitting this form, you expressly provide your consent to the sharing of your personal information with Skate Canada and as described herein for purposes of registration and receipt of national services delivered by Skate Canada. We adopt the 10 Fair Information Principles into our privacy program, and employ reasonable measures to protect against unauthorized access, processing, disclosure, alteration, destruction or loss of your personal information. See [Skate Canada's Privacy Policy](#) for more details.

For further information or comments regarding our protection of your privacy, please contact Skate Canada at [safesport@skatecanada.ca](mailto:safesport@skatecanada.ca).

***PPSC is a non-profit organization approved by Skate Canada. It is administered by volunteers to serve the needs of the skaters, our children. Thank you for your support!***



**Ice Times & STARSkate Fees**

<b>Monday (24 weeks)</b>		<b>Tuesday (25 weeks)</b>		<b>Thursday (25 weeks)</b>	
4:00 – 5:00	Senior STARS	4:15 – 5:35	Senior STARS	4:15 – 5:35	Junior STARS
4:30 - 5:00	Junior Dryland Training (included with any ice program)	5:35 – 5:45	FLOOD	4:55 - 5:35	PreSTARS
5:00 – 5:10	FLOOD	5:45 – 6:35	CanSkate & PreCanSkate	5:35 - 5:45	FLOOD
5:10 - 5:40	Senior Dryland Training (included with any ice program)	6:35 – 7:45	Junior STARS	5:45 – 6:35	CanSkate & PreCanSkate
5:10-6:10	Junior STARS	7:45 - 7:55	FLOOD	6:35 - 8:05	Senior STARS
5:30-6:10	PreSTARS	7:55 – 9:05	Adult Synchro	8:05 – 8:15	FLOOD
6:10-7:05	Beginner Synchro	9:05 - 9:15	FLOOD		
7:05-7:15	FLOOD	9:15 – 9:45	Synchro Off-Ice Practice (included with adult synchro)		
7:10-7:40	Synchro Off-Ice Practice (included with beginner synchro)				



**Learn-to-Skate Fees**

Learn to Skate	Fall Season Only		Winter Season Only		Both Seasons - Full Year	
	One Day	Both Days	One Day	Both Days	One Day	Both Days
<b>PreCanSkate &amp; CanSkate</b>	\$360	\$420	\$300	\$355	\$520	\$640
<b>STARSkate</b>	<b>One Day</b>		<b>Two Days</b>		<b>Three Days</b>	
Junior	\$895		\$1295		\$1445	
Senior			\$1325		\$1475	
<b>Add-ons</b>	<b>One Day</b>			<b>Two Days</b>		
<b>PreSTARS</b>	\$175.00			\$250		
<b>Beginner Synchro</b>	\$570					
<b>Adult Synchro</b>	Contact Britni Horton at <a href="mailto:britnihorton@hotmail.com">britnihorton@hotmail.com</a>					

**STARSkate Fee notes:**

- 1) Skaters must specify which sessions they will be attending for the entire season. Make-up sessions are not offered.
- 2) Guest skating is limited to 10 sessions per season and costs \$15 per session in addition to any registration fees.

