

## SKATING LEVELS AND PROGRAM FEES

- **ALL SKATERS MUST pay a one-time Skate Canada Fee (\$35/yr)**
- **Family Discount for 3 or more family members is 15% off of total registration fees (excl. Skate Canada Fee)**

### PARENT & TOT SKATING

For ages 3 to 4 years (must be 3 years before Oct. 1, 2016)  
30 min. group lesson, learn basic skating skills. **Only an adult Registered with Skate Canada may accompany tot on ice-\$35 fee.**

Helmet mandatory for tots and adults must wear skates.

**Saturday Session 1:** Oct. 17/16 to Dec. 23/16  
**Saturday Session 2:** Jan. 9/17 to Mar. 30/17  
Or full WINTER: Oct. 17/16 to Mar. 30/17

### PRE-SCHOOL CANSKATE

Must be 3 years old as of Oct.1, 2016, Beginner Program, Learn basic skating skills, 30 minute group lesson

#### HOCKEY HELMET & MITTS MANDATORY

**Saturday Session 1:** Oct. 17/16 to Dec. 23/16  
**Saturday Session 2:** Jan. 9/17 to Mar. 30/17  
Or full WINTER: Oct. 17/16 to Mar. 30/17

### CANSKATE

Must be 4 years of age or older as of Oct.1, 2016. Learn the fundamentals of skating in preparation for recreational, figure skating, or hockey; 15 min. warm-up/cool down; 30 min. group lesson; work through CanSkate stages 1-6; upon completion of Stage 3 may qualify for Introduction to Figure Skating – Junior. Maximum enrolment – 50 skaters

#### HOCKEY HELMET & MITTS MANDATORY

**FALL/SPRING (1 day/week)** (2 days/week)  
**WINTER (1 day/week)** (2 days/week)  
**Half Session 1:** Oct. 17/16 to Dec. 23/16  
**Half Session 2:** Jan. 9/17 to Mar. 30/17

### PRE-POWER SKATING

Introductory Power Skating program; must have completed stage 2 CanSkate or equivalent/discretion of Coach. Learn basic skating skills including Balance, Forward and Backward Skating, Stopping, Turning and Agility aimed for Power Skating.

#### HOCKEY HELMET with MASK/VISOR, HOCKEY GLOVES & HOCKEY STICK MANDATORY

**FALL/SPRING (2 days/week)**  
**WINTER (1 day/week)** (2 days/week)  
**Half Session 1:** Oct. 17/16 to Dec. 23/16  
**Half Session 2:** Jan. 9/17 to Mar. 30/17

### INTRO to FIGURE SKATING- JUNIOR

Passed CanSkate Stage 3 Badge within Skate Canada's test stream program or recommended by a coach; 2x15 min. group lesson; work independently with Professional Coach (parents to arrange); Maximum enrolment – 35 Skaters

#### HOCKEY HELMET MANDATORY UP TO AND INCLUDING STAGE 5; Must wear Figure Skates and Figure Skating attire

**FALL/SPRING (1 day/week)**  
**FALL/SPRING (2 days/week)**  
**FALL/SPRING (3 days/week)**  
**WINTER(2 days/week)** **WINTER (3 days/week)**

### FIGURE SKATING- INTERMEDIATE

Passed Dutch Waltz Dance within Skate Canada's test stream program; 15 min. group stroking lesson; work independently with Professional Coach (Parents to arrange); Maximum enrolment – 22 Skaters

**FALL/SPRING (1 day/wk)** **WINTER (2 days/wk)**  
**FALL/SPRING (2 days/wk)** **WINTER (3 days/wk)**  
**FALL/SPRING (3 days/wk)** **WINTER (4 days/wk)**  
**FALL/SPRING (4 days/wk)** **WINTER (5 days/wk)**

### FIGURE SKATING - SENIOR

Complete Sr. Bronze dances OR Jr. Bronze Skating Skills within Skate Canada's test stream program; 15 min. group stroking lesson; work independently with Professional Coach (parents to arrange).Maximum enrolment on ice – 20 Skaters

**FALL/SPRING (1 day/wk)** **WINTER (2 days/wk)**  
**FALL/SPRING (2 days/wk)** **WINTER (3 days/wk)**  
**FALL/SPRING (3 days/wk)** **WINTER (4 days/wk)**  
**FALL/SPRING (4 days/wk)** **WINTER (5 days/wk)**

### ADULT LEARN TO SKATE

Learn to skate program is for mature skaters  
30 min. group lesson with Professional Coach  
Shared ice with Canskaters; **HOCKEY HELMET MANDATORY**  
**WINTER**

### POWER SKATING-JUNIOR

Passed Level B Pre-Power and/or have 1 year plus of hockey, or at the discretion of the coach. Must be able to skate forwards, backwards, and stop. This is not a hockey school or a learn to skate program. A group lesson is given by qualified coach (es) to improve skating skills, the quality of turns, agility, balance, forward, and backward skating.

#### FULL HOCKEY EQUIPMENT MANDATORY

### POWER SKATING-INTERMEDIATE

Passed Level One Silver and 2-3 yrs hockey and/or at the discretion of the coach. Improve skating skills with emphasis on forward and backward crosscuts and quality of turns. **FULL EQUIPMENT MANDATORY**

### POWER SKATING-SENIOR

Passed CanPower Level One Gold, or 3 years plus hockey, or play rep/select hockey, or at the discretion of the coach. Must be able to skate forwards, backwards and stop. This is not a hockey school nor a learn to skate program. A group lesson is given by qualified coach (es) to improve skating skills, the quality of turns, agility, balance, forward and backward skating.

#### FULL HOCKEY EQUIPMENT MANDATORY

### FEE FOR JR. /INTER./SR. POWER SKATING PROGRAMS

**\$225/session (11 week sessions each)**

**Session 1:** Starts Sept. 9/16 ends Nov. 18/16 (Session starts at Caledon East Arena and resumes at Bolton Arena starting Oct. 7/16)

**Session 2:** Starts Nov. 25/16 ends Feb. 3/17

**(No skating on Dec. 4 to Jan. 3/17)**

**Session 3:** Starts Feb. 15/17 ends May 5/17 (Session starts at Bolton Arena and moves to Caledon East starting Apr.19/17)

**(No Skating on Good Friday, Apr. 14, 2017)**

### **NO SKATING DAYS:**

**Dec. 26/2016 to Jan. 5/2017      Feb. 20, 2017      Mar. 31, 2017**

## FALL & SPRING 1 2016/17 SKATING SCHEDULE

(Fall: Sept. 6/16 to Oct. 14/16, Spring 1: April 3/17 to May 26/17)

Fall starts at Caledon East Arena and resumes at Bolton Arena on Oct. 3/16

**Spring starts at Bolton and moves to Caledon East April 8/17.**

Monday	Tuesday	Wednesday	Thursday	Friday
SENIOR/ INTER 4:00-5:30	INTERMEDIATE 4:00-5:25	SENIOR/ INTERMEDIATE 4:00-5:15	INTERMEDIATE / JUNIOR 6:00 – 6:50	
		INTER/SENIOR 5:15-6:15	6:50 – 7:00 JR / INTER / SR Combined Stroking	JUNIOR POWER 4:35-5:20 (11 weeks)
CANSKATE/ PREPOWER 5:30-6:15	SENIOR 5:25-6:50	CANSKATE/ PREPOWER 6:15-7:00		JUNIOR/INTER POWER 5:20-6:05 (11 weeks)
INTER/ SENIOR 6:15-7:50	JUNIOR/ INTERMEDIATE 6:50-7:50	JUNIOR/ CANSKATE 7:00-7:50	INTERMEDIATE / SR 7:00 – 7:50	SENIOR POWER 6:05-6:50 (11 weeks)

## WINTER 2016/17 SKATING SCHEDULE

(Winter: Oct.17/16 to Mar. 30/17, at Bolton Arena) JR/INTER/SR Power-11 wk session

\*Note: All Canskate/Prepower available half season Mon 5:30, 6:15 & Wed 5:30, 6:15 (Oct–Dec or Jan-Mar)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
INTERMEDIATE /SENIOR 4:00-5:30	INTER- MEDIATE 4:00-5:30	INTER/SENIOR 4:00-5:30	SENIOR 4:00-5:30		
		*CANSKATE/ PREPOWER 5:30-6:15		JUNIOR POWER 4:35-5:20 (11 weeks)	CANSKATE 9:15-10:00 am
*CANSKATE/ PREPOWER 5:30-6:15	SENIOR 5:30-7:00	*CANSKATE/ PREPOWER 6:15-7:00	INTER. 5:30-6:45	JUNIOR/INTER PWR 5:20-6:05 (11 weeks)	CANSKATE 10:00-10:45 am
*CANSKATE/ PREPOWER 6:15-7:00	JUNIOR 7:00-7:50	SENIOR POWER 7:00-7:50 (11 weeks)	JUNIOR 6:45-7:50	SENIOR POWER 6:05-6:50 (11 weeks)	PRE-SCHOOL 10:15-10:45 am
JUNIOR/ INTERMEDIATE 7:00-7:50					PARENT & TOT 10:15- 10:45 am

## SPRING 2 2016/17 SKATING SCHEDULE

(May 30/17 to June 30/17 in Caledon East)

Monday	Tuesday	Wednesday	Thursday	Friday
	JUNIOR/ INTERMEDIATE / SENIOR 6:00-6:55		JUNIOR/ INTERMEDIATE/ SENIOR 6:00-6:55	
	INTERMEDIATE / SENIOR 6:55-7:50		INTERMEDIATE/ SENIOR 6:55-7:50	