



## FALL/WINTER SKATING 2017-2018

**\*\*\*SEPT 11<sup>TH</sup> – MARCH 16\*\*\***

### PRE-SEASON ICE.

There will be 3 Pre-Season dates this year.

Tuesday Sept 5<sup>th</sup> at George Preston arena. Sr Open 4:00 – 5:00 pm. Jr Open 5:00 – 6:00pm.

Wednesday Sept 6<sup>th</sup> at Sportsplex. Jr Open 3:30 – 4:30 pm. Sr Open 4:30 – 5:30 pm.

Friday Sept 8<sup>th</sup> at Sportsplex. Jr Open 3:30 – 4:30 pm. Sr Open 4:30 – 5:30 pm.

Pre-Season Registration is available under Fall/Winter Registration.

### PROGRAM ASSISTANT TRAINING.

Our Program Assistants (PA'S) are a great asset to our skating programs. These girls and boys come from our older Starskater sessions. They are there to assist the coaches during the Canskate and Pre-Canskate sessions. The younger skaters really look up to our older skaters. If your skater wishes to volunteer as a PA this year, they must be 12 years of age or older, and attend the PA training session on:

**Wednesday Sept 6<sup>th</sup> from 5:45 – 7:30 pm. Session to be held at the Sportsplex.**

Registration is available under the Fall-Winter reg Season. There is a fee of \$1.00 to register but you do not have to pay. Just exit the page without paying the \$1.00.

### REGISTRATION INFORMATION.

**Please note!!! \*\*\*All sessions are priced Sept -March.\*\*\*** We have gone back to our previous session pricing. No January registration.

**There will be a 5% discount applied to all registrations in by Sept 3<sup>rd</sup> midnight.**

**Payment plans are also available. Max 5. (Except Pre-Season, PA Training, and Passion Dance.)**

## **PROGRAM INFORMATION.**

### **Canskate/Pre-Canskate.**

Sessions fees are for the period of Sept – Dec or Sept to March.

Sept - March classes. Monday 22 classes. Tuesday 23 classes. Wednesday 25 classes.

Sept – Dec classes. Monday 13 classes. Tuesday 14 classes. Wednesday 14 classes.

### **Late Entry Figure Skating. LEFS.**

This session is for skaters aged 12 and above who want to learn how to figure skate in a non-competitive environment.

Coaching fees are included in the session pricing.

Sessions are priced for Sept – March. Tues 21 classes. Friday has 24 classes.

### **Jr Academy is now called (Jr Development).**

For those skaters who have just completed Canskate or those Star Skaters that have not yet passed any tests. Working on Star 1 & 2. This is a minimum 2 day a week program.

Session fees include coaching at a ratio of 2 coaches per 12 skaters.

Sessions fees are for the period of Sept – March. Monday has 22 classes, Thursday has 25 classes, and Friday has 24 classes.

### **Starskaters:**

#### **Level Requirements.**

**Jr. level** requirements are no tests passed. Working on Star 1 & 2.

**Int. level** requirements are Working on completing Star 3 & 4. Must have passed Star 2.

**Sr. level** requirements are Working on Star 5 and up. Must have passed Star 4.

Sessions run from Sept thru March. The coaching fee is included in many of the sessions. These are clearly marked on the attached document. The coaching ratio is 2 coaches for 10 skaters.

Mondays sessions have 22 classes.

Tuesday sessions have 24 except Jr/Int Free+Spins/Dev which has only 21 classes.

Wednesday sessions have 25 classes. Thursday's have 25 classes, Friday's have 24 classes and Saturday's have 19 classes.

### **Synchronized Skating**

We are planning for two teams this year.

**Jr. Ages 8 to 10. (Must have completed Canskate level 6.)** Tuesday nights at George Preston arena.

**Sr. Ages 10 – 14.** Wednesday nights at Sportsplex.

Placement on teams will be determined by the Coach and will be based on age, as well as skill level.

### **Passion Dance Class.**

This popular Saturday morning class is back. This class is specifically designed for our skaters. Skaters will be working on building body strength, flexibility, and balance.

Register under Fall-Winter Reg.

**All registration is online. Go to our registry site to register.**

[www.skatelangley.com/clubs/langley](http://www.skatelangley.com/clubs/langley)

**LSC Administrator**

**registrar@skatelangley.com**