
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 30-minute group lesson 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.

Introductory STARS - **For skaters who have completed Can Skate stage 3 and are interested in continuing in the STAR Skate 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 STAR Skate program.

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). All sessions include a 10 minute group stroking lesson and a 20 minute group lesson concentrating on skills, dance and free skate



Junior STARS - For skaters who have completed CanSkate stage 5, working on Can Skate stage 6-7 and have not yet passed 3 complete STARSkate tests.

Intermediate STARS - For skaters who have passed 3 complete StarSkate tests including at least ½ of the Preliminary Free Skate test but not yet passed 8 complete STARSkate tests.

Senior STARS - For skaters who have at least 8 complete STARSkate tests including the complete Junior Bronze Free Skate Test

Synchro - 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. This program **MUST** be done in conjunction with another STARSkate program

Dryland/Off-Ice Fitness – designed to help skaters improve their strength, flexibility and conditioning, and is included in the registration of any STARSkate ice session

Two Seasons Offered for CanSkate and PreCanSkate for 2016/2017

Fall Season – September 13, 2016 – December 22, 2016;

Winter Season – January 10, 2017 – March 23, 2017

STARSkate Season runs from September 6, 2016 – March 23, 2017

Year End Carnival – practices begin March 6, 2017, and are included in your registration, however, if your skater is not interested in participating in Carnival, regular group lessons will NOT be available during carnival practice time.

Rehearsals: week of March 27, 2017- . Show Date: TBD



Non-Skating Days for 2016-2017

Test Days (ALL REGULAR SKATING LESSONS ARE CANCELLED)

Test Day 1 – TBA

Test Day 2 – TBA

Test Day 3 – TBA

Dates to be confirmed in September

No Classes – Labour Day – September 6, 2016; Thanksgiving - October 10, 2016; Halloween – October 31, 2016; Christmas Break – December 26, 2016 to January 6, 2017; Family Day - February 20, 2017; March Break - March 13, 2017 to March 17, 2017

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. 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.

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

Monday		Tuesday		Thursday	
4:00 – 5:15 (4:45-5:15)	Junior STARS (Group Lessons)	4:00 – 4:50	Synchro	4:00 – 5:25 (4:55-5:25)	Senior STARS (Group Lessons)
4:45-5:15	Introductory STARS	4:50 – 6:10 (5:40-6:10)	Junior/Intermediate STARS (Group Lessons)	5:35-6:25	CanSkate
5:25 – 6:50 (5:25-5:55)	Intermediate/Senior STARS (Group lessons)	5:40 – 6:10	Introductory STARS	5:45 – 6:15	PreCanSkate
7:00 – 8:00	Dryland/Off Ice Fitness	6:20 – 7:10	CanSkate	6:35-7:05	Introductory STARS
		6:30 – 7:00	PreCanSkate	6:35 – 7:50 (6:35-7:05)	Junior/Intermediate STARS (Group Lessons)
		7:10 – 8:50 (7:10-7:40)	Senior STARS (Group Lessons)		

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
PreCanSkate	\$298.00	\$343.00	\$248.00	\$293.00	\$433.00	\$538.00
CanSkate	\$343.00	\$408.00	\$288.00	\$343.00	\$498.00	\$638.00
STARSkate	One Day		Two days		All Three Days	
Introductory	\$130.00		\$175.00		\$220.00	
Junior	\$853.00		\$1178.00		\$1348.00	
Intermediate			\$1198.00		\$1368.00	
Senior			\$1298.00		\$1468.00	
Synchro			\$510			

