



**MARCH-KANATA SKATING CLUB**  
**STARSKATE 2018 / 2019 – REGISTRATION**



The MARCH-KANATA Skating Club (MKSC) offers STARSkate sessions for STARSkaters of all levels. Skaters in these programs work on developing their skills in all disciplines of figure skating including skills, dance, freeskate and interpretive.

Most sessions include a group stroking or conditioning component, which is led by our MKSC Professional Coaches. Skaters then work independently for the remainder of the session.

The season runs from September 4, 2018 until April 7, 2019. **Registration deadline is Sept 3, 2018.** Registrations received after Sept 3, 2018 will be subject to a \$25 late registration fee.

Registration priority will be given to MKSC members up to the registration deadline after which we will consider skaters from other clubs.

**ON-LINE REGISTRATION: MKSC requires all skaters to register on-line at: [MKSC Registration](#)**

**MEMBERSHIP**

The registration fee includes program fees and a mandatory Skate Canada membership fee (non-refundable).

**LATE REGISTRATION**

Late registrations will be pro-rated along with a \$25.00 late fee.

**REFUNDS**

Refunds are subject to a \$50 administration charge. There will be no refunds after October 20, 2018 except for medical reasons. Refunds for medical reasons must be accompanied by a doctor's certificate.

**CANCELLATION**

In the event that a session must be cancelled for reasons beyond MKSC's control, such as severe weather or arena closures, sessions will not be refunded or rescheduled. Sessions missed by a skater cannot be made up another time.

**TEST DAYS**

In order to participate in Test Days, members must be in good standing with MKSC. Test Days are shared with the Glen Cairn Skating Club. Scheduled Test Days at MKSC are: November 9 & 10 2018, and April (dates to be finalized). Test Days at the Glen Cairn Skating Club are scheduled for February 7 & 8 2019.

**SUPERVISION**

Skaters are not permitted on the ice without a coach or an adult with first aid training present with their eyes on the ice. As our coaches are focused on providing skating instructions, **parents/guardians of young skaters (under 12 years of age) are required to be in the arena to supervise their skaters.**

**MUSIC PLAYING DUTY**

In order to keep the program fees to a minimum, parents/guardians are required to play music on their skater's sessions. Anyone unable to play music on their skater's session is welcome to arrange to trade their music playing sessions with another family for music playing on another session. Each skater will be responsible for playing music twice on each session that they are registered on. Please sign-up to play music when you register for skating. Music playing is easy. We will be providing both written instructions and training sessions at the start of the season.

It is the parent's responsibility to find a replacement if they are unable to play on their designated day. **Parents who miss playing a session and do not make arrangements for a replacement will be charged \$25 for the missed time. It is imperative that all music players sign the music playing sheet found in the music playing book.**

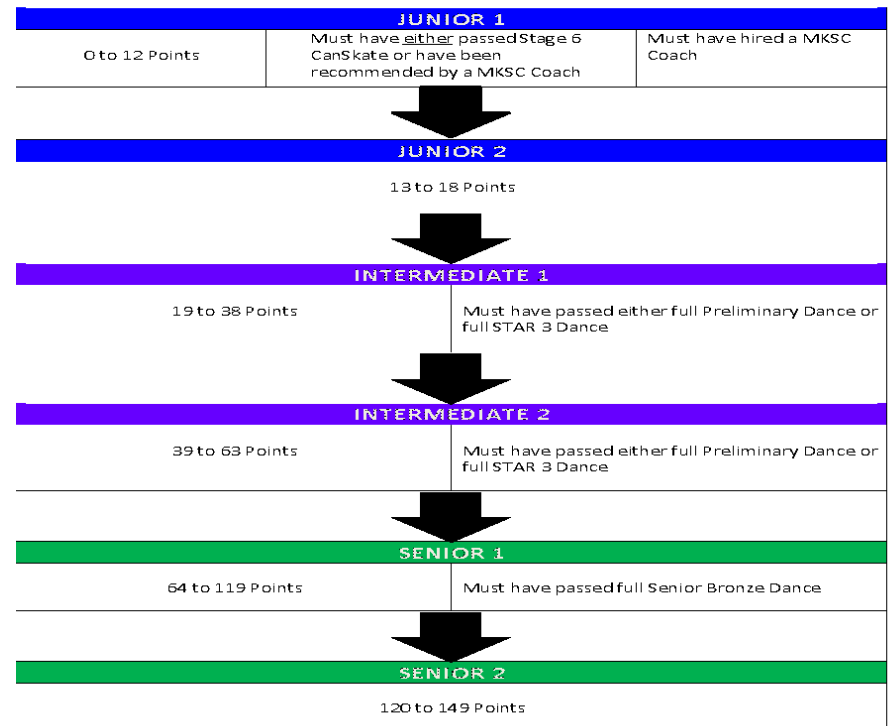
**VOLUNTEER REQUIREMENTS**

March-Kanata Skating Club is entirely run by volunteers. In order for the club to continue to operate without being forced to raise fees and hire administrative staff, we need all parents and skaters to contribute their time. [Volunteer Policy](#)

**QUALIFICATIONS**

**How does it work?**

- A skater is credited with points for every test passed in each of the disciplines (FreeSkate Program, FreeSkate Elements, Skills, Interpretive and Dance). The number of test points allocated to each test is outlined in the MKSC Points Allocation Matrix.
- A skater must satisfy both the test points requirement **AND** the minimum dance requirements to qualify on a session.
- If a skater wishes to skate on a session for which they do not qualify, a request must be submitted in writing by the Skater's Coach to the STARSkate Director. The request will be evaluated by the Admissions Committee. Priority will be given to skaters qualified to skate on a session.
- If you are unsure of how many points your skater has, please contact the STARSkate Director.
- Please note that the number of points required to qualify to skate at a particular level is subject to change in future seasons.



**DANCE PARTNERING**

Dance partnering lessons will be made available. Skaters' coaches will make arrangements with the dance partner.

**LOCKERS**

A limited number of lockers are available for rent at a cost \$25 for the 2018/2019 skating season. Lockers can be purchased through the on-line registration system. [Locker Rental](#)

## Registration Instructions

Prior to attempting to register your skater online please review the programming available (described below) based on your skater's level and determine which ice sessions and off-ice sessions you wish to register for.

If you have not yet selected a MKSC coach, you should do this prior to proceeding. Here is a link to our Coaches Biographies [Coaches Biographies](#).

Your skater's coach will provide recommendations on how often they would like to see your skater on the ice and will provide recommendations related to off-ice programming. You should review your program selections with your coach prior to registering to ensure that they have sufficient availability to coach your skater on the sessions that you have selected.

Eligible Program Assistants are asked to register online to be Program Assistants for the 2018/2019 Season preferably by Sept 3,, 2018. [PA Registration](#)

Review the Volunteer Policy on our website and register online to volunteer.

### PAYMENT OPTIONS

**Payment can be made via debit or credit card.** You will have the option to make payment in 2 installments – one due upon registration and one due on December 1, 2018. The final payment will be charged to the card on file automatically, a fee of \$25 applies in the event that the card is refused or not authorized on December 1st. For budgeting purposes or alternate card payments, Amilia payments can be made prior to the Dec 1st deadline by logging into Amilia and making a payment of any size, minimum \$25.

#### **PA Credits Reimbursement:**

Program Assistant credits have already been applied to your skater's account and will reduce their registration fees.

#### **Option 1 (Full Payment at time of Registration) \*\*\*Preferred Method\*\*\***

This option would allow any PA Credits to be used in full at time of registration (ie: No Installments). In the event that the PA Credit amount exceeds the registration amount, the balance will be available on account for future purchases. Multi Session Discounts are optimized with this option.

#### **Option 2 (Split Registration using PA Credit)**

This option would allow a Skater to register for one purchase using a PA Credit, and then make another purchase to choose "Installment Plan". Multi Session Discounts will be limited with this option.

#### **Option 3 (Installment Plan only....with PA Credit Deferred to December 1st)**

This option would allow a skater to register in one checkout, with "Installment Plan" as a Payment Method. The PA Credits will be manually processed on Dec 1, 2018 with the final payment. Multi Session Discounts are optimized with this option. MKSC prefers this option not be chosen if PA Credits exceed final payment on December 1, 2018.

#### Fees

You can use the registration Calculation Section below to calculate your fees.

Please note that our fees have increased this season to cover our increased costs particularly related to ice and additional coaching fees on certain sessions.

### Registration Fees Calculation

Total Program Fees of all sessions chosen	
Less Discount: 5% if registering for 4 or more sessions at one time	-
<b>Or</b> 10% if registering for 6 or more sessions at one time	-
NET PROGRAM FEES	=
Add: \$ 35.70 Skate Canada Membership Fee	+ 35.70
Add: \$25 Locker Rental Fee, if required	+
Less: Program Assistant Credits	-
Add: \$25 Late Registration fee, if applicable	+
<b>TOTAL OWING TO MKSC</b>	=

Finally, we have included below the terms and conditions that you will be asked to agree to in the online registration tool to finalize your registration.

#### **Terms and Conditions (must be accepted to complete registration):**

- The March Kanata Skating Club (MKSC), its board members, volunteers and coaches are not responsible for any accidents, injuries or loss of personal belongings either on or off the ice.
- I hereby authorize MKSC to place my child's name and/or photo on the arena bulletin boards, trophies, programs, newsletters, newspapers or website.
- I understand that my child cannot go on the ice without being registered properly for the session being skated. Registration fees and/or installments payable to MKSC must be paid up to date.
- I understand that payments returned or not authorized from the bank for any reason are subject to a \$25.00 fee.
- I understand that sessions with insufficient registration will be either cancelled or repurposed.
- I have read and understand my obligations under the Music Policy and the Volunteer Policy

If you have any questions on programming or registration please contact the STARSkate Director at [starskate.mksc@gmail.com](mailto:starskate.mksc@gmail.com)

## Typical Week's Calendar at a Glance

### MKSC Ice Schedule - 2018/2019

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7-8							Junior 1 7:00 - 8:30
8-9							
9-10							Junior 2 & Intermediate 1 8:40 - 10:10
10-11							Intermediate 2 & Senior 1 & 2 10:20 - 11:50
11-12	Intermediate 1 & 2 & Senior 1 & 2 11:00 - 12:30						CanSkate and PreCan
12-1	CanSkate and PreCan 12:30 - 1:30						CanSkate and PreCan
1-2	Junior 1 & 2 1:30 to 2:50						CanSkate and PreJuniors
2-3							
3-4							
4-5	Synchro	Junior 2 & Intermediate 1 & 2:40 - 5:50	Intermediate 2 & Senior 1 & 2 4:00 - 6:10		CanSkate and PreCan		
5-6				CanSkate and PreJuniors	Junior 2 & Intermediate 1 5:00 - 6:50	CanSkate and PreCan	
6-7		Intermediate 2 & Senior 1 & 2 6:00 - 7:50	Junior 1 6:30 to 7:50	CanSkate		CanSkate	
7-8				Intermediate 2 & Senior 1 & 2 7:00 - 8:50		OPEN (No Juniors)	
8-9		Adults & Teens 8:00 - 8:50					

Notes: Sessions Vary in Length. Programming - will be cancelled if insufficient registration

### MKSC Off-Ice Schedule - 2018/2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Junior 1 Ballet 8:40-9:25
						Intermediate 2 & Senior 1 & 2 Ballet 9:25-10:10
Ice Preparation 10:00 - 10:45						Junior 2 & Intermediate 1 Ballet 10:20-11:15
						Pre Junior Ballet 11:45-12:45
Off-Ice Foundations 3:00 - 3:45						
	Ice Preparation 5:00 - 5:45	Ice Preparation 5:45 - 6:10				
	Off-Ice Foundations 6:00 - 6:45					
				Off-Ice Foundations 7:00 - 7:45		

**Programming and Fees**

<b>Junior 1 Programming Options</b>				
<b>Activity</b>	<b>Level</b>	<b>SESSION</b>	<b># of Sessions</b>	<b>Program Fee</b>
Off-Ice	Junior 1	<p align="center"><b>Ice Preparation – Tuesday 5:45pm to 6:10pm – 25 minutes</b>                      Instructor: Kaila Morris (Biography included in Coaches Section) Hall A/B                      Off-Ice is an important part of learning how to properly warm-up and recover from skating. These exercises off ice will help the skaters with their elements on the ice as well as preventing injury.                      Please Bring: Skipping Rope and Running Shoes</p>	28	\$112
Ice	Junior 1	<p align="center"><b>Tuesday - 6:20pm to 7:50pm – 1 hour 30 minutes</b>                      Skating session that will include Stroking, FreeSkate, Skills and Dance.                      Junior 1 STARSkaters are encouraged to skate 2-3 times per week. There is a 25 minute Off-Ice session prior to this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.</p>	28	\$530
Ice	Junior 1	<p align="center"><b>Saturday - 7:00am to 8:30am – 1 hour 30 minutes</b>                      Skating session that will include Stroking, FreeSkate, Skills and Dance.                      Junior 1 STARSkaters are encouraged to skate 2-3 times per week. There is also a 45 minute Off-Ice session following this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.</p>	28	\$530
Off-ice	Junior 1	<p align="center"><b>Ballet - Saturday – 8:40am to 9:25am – 45 minutes</b>                      Instructor: Irina Shivrina (Biography included in Coaches Section) Hall A                      The Ballet class is made up of a combination of flexibility, ballet bar work, and music interpretation. It is an important key to the Skater’s success on the ice.                      Please Bring: Yoga Mat and Ballet/Jazz Shoes</p>	25	\$160
Ice	Junior 1 & 2	<p align="center"><b>Sunday – 1:30 to 2:50pm – 1 hour 20 minutes</b>                      Skating session that will include Stroking, FreeSkate, Skills and Dance.                      Junior 1 STARSkaters are encouraged to skate 2-3 times per week. There is also a 45 Off-Ice session following this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.</p>	28	\$470
Off-ice	Junior 1 & 2	<p align="center"><b>Off-Ice Foundations - Sunday 3:00pm to 3:45pm – 45 minutes</b>                      Instructor: Kathryn Cumming (Biography included in Coaches Section) Hall B                      Off-Ice foundations is a critical part of a skater's development. It incorporates flexibility, mobility, conditioning, and core strength. Each instructor will develop their own lesson plan.                      Please Bring: Yoga Mat, Running Shoes and Skipping Rope</p>	23	\$161

**Programming and Fees**

**Junior 2 Programming Options**

Activity	Level	SESSION	# of Sessions	Program Fee
Ice	Junior 2 & Intermediate 1 & 2	<p align="center"><b>Monday - 4:00pm to 5:50pm – 1 hour 50 minutes</b>                      Skating Session that will include Conditioning, FreeSkate, Skills and Dance.                      There is a 45 minute Off-Ice session following this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.</p>	28	\$665
Off-Ice	Junior 2 & Intermediate 1 & 2	<p align="center"><b>Off-Ice Foundations - Monday 6:00 to 6:45pm – 45 minutes</b>                      Instructor: Kathryn Cumming (Biography included in Coaches Section) Hall C                      Off-Ice foundations is a critical part of a skater's development. It incorporates flexibility, mobility, conditioning, and core strength. Each instructor will develop their own lesson plan.                      Please Bring: Yoga Mat, Running Shoes and Skipping Rope</p>	27	\$189
Ice	Junior 2 & Intermediate 1	<p align="center"><b>Thursday - 5:00pm to 6:50pm - 1 hour 50 minutes</b>                      Skating Session that will include Conditioning, FreeSkate, Skills and Dance                      There is also a 45 minute Off-Ice session following this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.</p>	28	\$665
Off-Ice	Junior 2 & Intermediate 1	<p align="center"><b>Off-Ice Foundations - Thursday 7:00pm to 7:45pm – 45 minutes</b>                      Instructor: To Be Determined Hall B                      Off-Ice foundations is a critical part of a skater's development. It incorporates flexibility, mobility, conditioning, and core strength. Each instructor will develop their own lesson plan.                      Please Bring: Yoga Mat, Running Shoes and Skipping Rope</p>	26	\$182
Ice	Junior 2 & Intermediate 1	<p align="center"><b>Saturday – 8:40am to 10:10am – 1 hour 30 minutes</b>                      Skating session that will include Power, FreeSkate, Skills and Dance.                      There is also a 55 minute Off-Ice session following this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.</p>	28	\$530
Off-ice	Junior 2 & Intermediate 1	<p align="center"><b>Ballet - Saturday – 10:20am to 11:15am – 55 minutes</b>                      Instructor: Irina Shivrina (Biography included in Coaches Section) Hall A                      The Ballet class is made up of a combination of flexibility, ballet bar work, and music interpretation. It is an important key to the Skater's success on the ice.                      Please Bring: Yoga Mat and Ballet/Jazz Shoes</p>	25	\$210
Ice	Junior 1 & 2	<p align="center"><b>Sunday – 1:30 to 2:50pm – 1 hour 20 minutes</b>                      Skating session that will include Stroking, FreeSkate, Skills and Dance.                      Junior STARSkaters are encouraged to skate 2-3 times per week. There is also a 45 Off-Ice session following this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.</p>	28	\$470
Off-ice	Junior 1 & 2	<p align="center"><b>Off-Ice Foundations - Sunday 3:00pm to 3:45pm – 45 minutes</b>                      Instructor: Kathryn Cumming (Biography included in Coaches Section) Hall B                      Off-Ice foundations is a critical part of a skater's development. It incorporates flexibility, mobility, conditioning, and core strength. Each instructor will develop their own lesson plan.                      Please Bring: Yoga Mat, Running Shoes and Skipping Rope</p>	23	\$161

## Programming and Fees

### Intermediate 1 Programming Options

Activity	Level	SESSION	# of Sessions	Program Fee
Ice	Junior 2 & Intermediate 1 & 2	<p style="text-align: center;"><b>Monday - 4:00pm to 5:50pm – 1 hour 50 minutes</b></p> <p style="text-align: center;">Skating Session that will include Conditioning, FreeSkate, Skills and Dance. There is a 45 minute Off-Ice session following this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.</p>	28	\$665
Off-Ice	Junior 2 & Intermediate 1 & 2	<p style="text-align: center;"><b>Off-Ice Foundations - Monday 6:00 to 6:45pm – 45 minutes</b></p> <p style="text-align: center;">Instructor: Kathryn Cumming (Biography included in Coaches Section) Hall C Off-Ice foundations is a critical part of a skater's development. It incorporates flexibility, mobility, conditioning, and core strength. Each instructor will develop their own lesson plan. Please Bring: Yoga Mat, Running Shoes and Skipping Rope</p>	27	\$189
Ice	Junior 2 & Intermediate 1	<p style="text-align: center;"><b>Thursday - 5:00pm to 6:50pm - 1 hour 50 minutes</b></p> <p style="text-align: center;">Skating Session that will include Conditioning, FreeSkate, Skills and Dance There is also a 45 minute Off-Ice session following this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.</p>	28	\$665
Off-Ice	Junior 2 & Intermediate 1	<p style="text-align: center;"><b>Off-Ice Foundations - Thursday 7:00pm to 7:45pm – 45 minutes</b></p> <p style="text-align: center;">Instructor: To Be Determined Hall B Off-Ice foundations is a critical part of a skater's development. It incorporates flexibility, mobility, conditioning, and core strength. Each instructor will develop their own lesson plan. Please Bring: Yoga Mat, Running Shoes and Skipping Rope</p>	26	\$182
Ice	Open (No Juniors)	<p style="text-align: center;"><b>Friday – 7:00pm to 7:50pm – 50 minutes</b></p> <p style="text-align: center;">OPEN sessions are unstructured sessions that may have a variety of different skating levels and abilities on the ice. For the safety and enjoyment of all skaters, juniors are not permitted to register for this session.</p>	28	\$295
Ice	Junior 2 & Intermediate 1	<p style="text-align: center;"><b>Saturday – 8:40am to 10:10am – 1 hour 30 minutes</b></p> <p style="text-align: center;">Skating session that will include Power, FreeSkate, Skills and Dance. There is also a 55 minute Off-Ice session following this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.</p>	28	\$530
Off-ice	Junior 2 & Intermediate 1	<p style="text-align: center;"><b>Ballet - Saturday – 10:20am to 11:15am – 55 minutes</b></p> <p style="text-align: center;">Instructor: Irina Shivrina (Biography included in Coaches Section) Hall A The Ballet class is made up of a combination of flexibility, ballet bar work, and music interpretation. It is an important key to the Skater's success on the ice. Please Bring: Yoga Mat and Ballet/Jazz Shoes</p>	25	\$210
Off-ice	Intermediate 1 & 2 & Senior 1 & 2	<p style="text-align: center;"><b>Ice Preparation - Sunday – 10:00 to 10:45am – 45 minutes</b></p> <p style="text-align: center;">Instructor: Young-Soon Benoit (Biography included in Coaches Section) Meeting Room Ice Preparation is a critical part of a skaters development. It incorporates a warm-up, flexibility, core strength and mobility. Each instructor will develop their own lesson plan. (Class limited to 10 due to room size) Please Bring: Yoga Mat, Running Shoes, (Bring Spinner if have one)</p>	24	\$156
Ice	Intermediate 1 & 2 & Senior 1 & 2	<p style="text-align: center;"><b>Sunday – 11:00 to 12:20pm – 1 hour 20 minutes</b></p> <p style="text-align: center;">Unstructured session for Intermediate and Senior Skaters</p>	28	\$470

**Programming and Fees**

**Intermediate 2 Programming Options**

Activity	Level	SESSION	# of Sessions	Program Fee
Ice	Junior 2 & Intermediate 1 & 2	<b>Monday - 4:00pm to 5:50pm – 1 hour 50 minutes</b> Skating Session that will include Conditioning, FreeSkate, Skills and Dance. There is a 45 minute Off-Ice session following this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.	28	\$665
Off-Ice	Junior 2 & Intermediate 1 & 2	<b>Off-Ice Foundations - Monday 6:00 to 6:45pm – 45 minutes</b> Instructor: Kathryn Cumming (Biography included in Coaches Section) Hall C Off-Ice foundations is a critical part of a skater's development. It incorporates flexibility, mobility, conditioning, and core strength. Each instructor will develop their own lesson plan. Please Bring: Yoga Mat, Running Shoes and Skipping Rope	27	\$189
Off-Ice	Intermediate 2 & Senior 1 & 2	<b>Ice Preparation - Monday - 5:00pm to 5:45pm – 45 minutes</b> Instructor: Kathryn Cumming (Biography included in Coaches Section) Hall C Ice Preparation is a critical part of a skaters development. It incorporates a warm-up, flexibility, core strength and mobility. Each instructor will develop their own lesson plan. Please Bring: Yoga Mat, Running Shoes and Skipping Rope	27	\$189
Ice	Intermediate 2 & Senior 1 & 2	<b>Monday – 6:00pm to 7:50pm – 1 hour 50 minutes</b> Skating Session that will include Conditioning, FreeSkate, Skills and Dance. There is a 45 minute Off-Ice session prior to this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.	28	\$670
Ice	Intermediate 2 & Senior 1 & 2r	<b>Tuesday - 4:00pm to 6:10pm – 2 hours 10 minutes</b> Skating session that will include Conditioning, Theatre on Ice, FreeSkate, Skills and Dance. Theatre on Ice is a new addition to the Club, any questions please discuss with your coach.	29	\$810
Ice	Intermediate 2 & Senior 1 & 2	<b>Wednesday - 7:00pm to 8:50pm – 1 hour 50 minutes</b> Skating session that will include Conditioning, FreeSkate, Skills and Dance.	28	\$670
Ice	Open (No Juniors)	<b>Friday – 7:00pm to 7:50pm – 50 minutes</b> OPEN sessions are unstructured sessions that may have a variety of different skating levels and abilities on the ice. For the safety and enjoyment of all skaters, juniors are not permitted to register for this session.	28	\$295
Off-ice	Intermediate 2 & Senior 1 & 2	<b>Ballet - Saturday – 9:25am to 10:10am – 45 minutes</b> Instructor: Irina Shivrina (Biography included in Coaches Section) Hall A The Ballet class is made up of a combination of flexibility, ballet bar work, and music interpretation. It is an important key to the Skater's success on the ice. Please Bring: Yoga mat and Ballet/Jazz Shoes	25	\$160
Ice	Intermediate 2 & Senior 1 & 2	<b>Saturday – 10:20am to 11:50am – 1 hour 30 minutes</b> Skating session that will include Power, FreeSkate, Skills and Dance. There is also a 45 minute Off-Ice session prior to this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.	28	\$530
Off-ice	Intermediate 1 & 2 & Senior 1 & 2	<b>Ice Preparation - Sunday – 10:00 to 10:45am – 45 minutes</b> Instructor: Young-Soon Benoit (Biography included in Coaches Section) Meeting Room Ice Preparation is a critical part of a skaters development. It incorporates a warm-up, flexibility, core strength and mobility. Each instructor will develop their own lesson plan. (Class limited to 10 due to room size) Please Bring: Yoga Mat, Running Shoes, (Bring Spinner if have one)	24	\$156
Ice	Intermediate 1 & 2 & Senior 1 & 2	<b>Sunday – 11:00 to 12:20pm – 1 hour 20 minutes</b> Unstructured session for Intermediate and Senior Skaters	28	\$470

## Programming and Fees

### Senior 1 & Senior 2 Programming Options

Senior 1 & Senior 2 Programming Options				
Activity	Level	SESSION	# of Sessions	Program Fee
Off-Ice	Intermediate 2 & Senior 1 & 2	<p style="text-align: center;"><b>Ice Preparation - Monday - 5:00pm to 5:45pm – 45 minutes</b></p> <p style="text-align: center;">Instructor: Kathryn Cumming (Biography included in Coaches Section) Hall C</p> <p style="text-align: center;">Ice Preparation is a critical part of a skaters development. It incorporates a warm-up, flexibility, core strength and mobility. Each instructor will develop their own lesson plan.</p> <p style="text-align: center;">Please Bring: Yoga Mat, Running Shoes and Skipping Rope</p>	27	\$189
Ice	Intermediate 2 & Senior 1 & 2	<p style="text-align: center;"><b>Monday – 6:00pm to 7:50pm – 1 hour 50 minutes</b></p> <p style="text-align: center;">Skating Session that will include Conditioning, FreeSkate, Skills and Dance.</p> <p style="text-align: center;">There is a 45 minute Off-Ice session prior to this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.</p>	28	\$670
Ice	Intermediate 2 & Senior 1 & 2r	<p style="text-align: center;"><b>Tuesday - 4:00pm to 6:10pm – 2 hours 10 minutes</b></p> <p style="text-align: center;">Skating session that will include Conditioning, Theatre on Ice, FreeSkate, Skills and Dance.</p> <p style="text-align: center;">Theatre on Ice is a new addition to the Club, any questions please discuss with your coach.</p>	29	\$830
Ice	Intermediate 2 & Senior 1 & 2	<p style="text-align: center;"><b>Wednesday - 7:00pm to 8:50pm – 1 hour 50 minutes</b></p> <p style="text-align: center;">Skating session that will include Conditioning, FreeSkate, Skills and Dance</p>	28	\$670
Ice	Open (No Juniors)	<p style="text-align: center;"><b>Friday – 7:00pm to 7:50pm – 50 minutes</b></p> <p style="text-align: center;">OPEN sessions are unstructured sessions that may have a variety of different skating levels and abilities on the ice. For the safety and enjoyment of all skaters, juniors are not permitted to register for this session.</p>	28	\$295
Off-ice	Intermediate 2 & Senior 1 & 2	<p style="text-align: center;"><b>Ballet - Saturday – 9:25am to 10:10am – 45 minutes</b></p> <p style="text-align: center;">Instructor: Irina Shivrina (Biography included in Coaches Section)</p> <p style="text-align: center;">The Ballet class is made up of a combination of flexibility, ballet bar work, and music interpretation. It is an important key to the Skater’s success on the ice.</p> <p style="text-align: center;">Please Bring: Yoga mat and Ballet/Jazz Shoes</p>	25	\$160
Ice	Intermediate 2 & Senior 1 & 2	<p style="text-align: center;"><b>Saturday – 10:20am to 11:50am – 1 hour 30 minutes</b></p> <p style="text-align: center;">Skating session that will include Power, FreeSkate, Skills and Dance.</p> <p style="text-align: center;">There is also a 45 minute Off-Ice session prior to this session that is available for separate registration. Registration in off-ice is strongly encouraged to complement your ice program.</p>	28	\$530
Off-ice	Intermediate 1 & 2 & Senior 1 & 2	<p style="text-align: center;"><b>Ice Preparation - Sunday – 10:00 to 10:45am – 45 minutes</b></p> <p style="text-align: center;">Instructor: Young-Soon Benoit (Biography included in Coaches Section) Meeting Room</p> <p style="text-align: center;">Ice Preparation is a critical part of a skaters development. It incorporates a warm-up, flexibility, core strength and mobility. Each instructor will develop their own lesson plan. (Class limited to 10 due to room size)</p> <p style="text-align: center;">Please Bring: Yoga Mat, Running Shoes, (Bring Spinner if have one)</p>	24	\$156
Ice	Intermediate 1 & 2 & Senior 1 & 2	<p style="text-align: center;"><b>Sunday – 11:00 to 12:20pm – 1 hour 20 minutes</b></p> <p style="text-align: center;">Unstructured session for Intermediate and Senior Skaters</p>	28	\$470