



FALL/WINTER 2022-2023

AUGUST 30TH - MARCH 10TH

PRE-SEASON ICE.

There will be 3 Pre-Season dates this year.

<u>Tues. Aug 30th</u> at George Preston arena.	2:00 – 3:00 pm.	Sr Open	\$15.00
	3:00 – 4:00 pm.	Int Open	\$15.00
<u>Wed. Aug 31st</u> at George Preston arena.	3:00 – 4:00 pm.	Int Open	\$15.00
	4:00 – 5:00 pm.	Sr Open	\$15.00
<u>Thurs. Sept 1st</u> at George Preston arena.	2:00 – 3:00 pm.	Sr Open	\$15.00
	3:00 – 4:00 pm.	Int Open	\$15.00

Pre-Season Registration is available under Fall 2022 Registration. **No coaching fees are included in pricing.**

PROGRAM ASSISTANT TRAINING. Wednesday, Aug 31st

Our Program Assistants (PA'S) are a great asset to our skating programs. These skaters come from our Starskater sessions. A PA helps Coaches in our club with teaching a successful Canskate program. Being a PA is a rewarding experience for our private skaters, and lots of fun too! The younger skaters really look up to our older skaters. These hours are also acceptable volunteer/career hours that are needed for high school graduation. 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, August 31st from 1:00– 3:00 pm. Session to be held at the George Preston Arena.

Dressing room from 1:00 – 2:00 pm. On Ice from 2 – 3 pm.

PRE-Registration is mandatory and available under the Fall 2022 reg Season.

There is a fee of \$1.00 to register. Reg deadline is Monday August 29th.

Contact coach Ellen with any questions and to let her know you will be attending. e.jw.s@hotmail.com

REGISTRATION INFORMATION.

Please note!!! *****All sessions are priced September – March *****

Due to the fact that all COVID restrictions have been removed, we will be returning to our regular registration timelines. This means you will be registering for September – March this year.

EARLY BIRD 5% DISCOUNT.

All registrations completed by midnight Sept 1st 2022 will qualify for a 5% early bird discount at check out. Payment in full or first installment of a payment plan must be in place to qualify.

Payment plans are available when registering for multiple sessions. You can make online payments by charge card or pay pal. Post dated cheques can also be used.

Payment plans do not apply to Pre-Season Ice, or PA Training.

Please print off or save your invoice before you make payment. This is your record of the sessions you have registered for.

ICE SHOW ANNOUNCEMENT!!

(This info is for all skaters Pre-Canskate – Senior)

We will be hosting our first Ice Show since 2019 on March 11th 2023. All skaters are expected to participate. The ice show is a great opportunity for all skaters to show to family and friends what they have learned thru the year. As we did in 2019, costumes will be ordered for each skater. Sizing measurements for this will be done in the first few weeks of skating. **There will be an “Ice Show fee” added to all registrations to help cover the costume fee and extra costs associated with running this event.** The Canskate/Pre-Canskate fee will be \$100.00. Jr Academy, LEFS, and Starskaters will be \$125.00.

There is a large amount of work involved in hosting this 2-performance event. As a result, all families are expected to volunteer to make it happen. **Each family will be required to put in place by way of a post dated cheque, a volunteer bond.** For LEFS, Canskaters & Pre-Canskaters the amount is \$175.00 with a min of 5 hrs volunteer time required. For Jr Ac, Jr, Int, & Sr programs the bond is \$350.00 for a min of 8 volunteer hrs required. Cheques are to be made out to LSC and dated for March 15th 2023. **Our Administrator will be at the rink the first week of skating to collect these cheques from all skaters. 1 Volunteer bond per family.**

PROGRAM INFORMATION.

CANSKATE & PRE-CANSKATE

Pre-Canskate is age 3 – 5, (not in kindergarden as of Sept 2022). Canskate 5 – 12, (Kindergarten – Grade 6)

Sessions fees are for the period of Sept to March.

Mon & Wed classes at Sportsplex. Tues at George Preston Arena.

Monday 20 classes. Canskate 4:15 – 5:00 pm & 4:30 – 5:00 for Pre-Canskate. Sept 12th – March 6th.

Tuesday 25 classes. Canskate 5:30 – 6:15 pm & 5:45 – 6:15 for Pre-Canskate. Sept 6th – March 7th.

Wednesday 23 classes. Canskate 5:30 – 6:15 pm & 5:45 – 6:15 for Pre-Canskate. Sept 7th – March 8th.

Due to our March Ice Show, there will be no registration in Dec for Jan to March sessions.

****Monday. No skating Oct 10th & 31st, Dec 19th & 26th, Jan 2nd & Feb 20th.**

****Tuesday. No skating Dec 20th & 27th.**

****Wednesday, No skating Dec 21st & 28th, as well as 2 test days (1 fall & 1 Winter) to be announced.**

Special dates: TBA

NOTE: There will be a \$44.00 Skate Canada membership and insurance fee added to your registration(s).

Late Entry Figure Skating. LEFS.

This session is for skaters aged 13 thru Adult who want to learn how to skate in a non-competitive environment. Max 8 participants per class.

Coaching fees are included in the session pricing.

Sessions are priced for Sept – March. Tuesday, 25 classes & Wed, 25 classes.

No skating on Dec 20th, 21st, 27th, & 28th.

Jr Academy.

For those skaters who have just completed Canskate or those Skaters who have been coach recommended to join the program. **This is a minimum 2 day a week program.**

Class fees are for the period of Sept – March. Mon. has 20 classes, Thurs has 24 classes, Friday has 22 classes.

Jr Academy Session fees include coaching at a ratio of 4 coaches per 12 skaters.

Monday session consists of 45 min of ice time from 3:30 – 4:15 pm and 30 min of dryland from 4:25 – 4:55 pm

Thursday session consists of 30 min of dryland from 4:20 – 4:50pm and 45 min of ice time from 5:00 – 5:45 pm

Friday session consists of 45 min of ice time from 5:45 – 6:30 pm and 30 min of dryland from 6:40 – 7:10 pm.

No skating: Monday Oct 10th, Oct 31st, Dec 19th & 26th, Jan 2nd, Feb 20th. Thursday Dec 22nd & 29th, March 9th dress rehearsal. Friday Sept 30th, Nov 11th, Dec 23rd & 30th.

Starskaters:

Level Requirements.

*****Junior (Jr) level:** Star 1 and working on Star 2, or by coach approval. **Must skate a minimum of 2 days per week.**

*****Intermediate (Int) level:** Passed Star 2 in 2 out of 3 disciplines, Free, Skills, or Dance. **Must skate a minimum of 3 days per week.**

*****Senior (Sr) level:** Passed Star 5 & up in 2 of 3 disciplines, Free, Skills, or Dance. Exceptions - Alumni and Adult with coaches approval. **Must skate a minimum of 4 days per week**

You must register according to your tests passed.

Sessions run from Sept thru March. The coaching fee is included for all Jr sessions as well as Int & Sr Dryland and Int & Sr Development. For all other Int & Sr Session the skaters will be invoiced by the coaches for their lesson times. These are clearly marked on the attached session sheet.

Mon. sessions have 21 am and 20 pm classes with **No skating Oct 10th, Dec 19th & 27th, Jan 2nd, & Feb 20th.**

AM ice only on Oct 31st.

Tues. sessions have 25 classes. **No skating on Dec 20th & 27th.**

Wed. sessions have 25 classes. **No skating Dec 21st & 28th. No Int & Sr on two test days. TBO**

Thurs. sessions have 24 classes. **No skating on Dec 22nd & 29th, or March 9th Dress rehearsal.**

Fri. sessions have 23 am classes. **No skating Sept 30th, Nov 11th, Dec 23rd & 30th.**

Sat. session has 21 classes with **No Skating Dec 3rd, 24th, 31st, or Feb 18th.**

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

www.coastregistry.com/clubs/langley

LSC Administrator

registrar@skatelangley.com