

PLEASE NOTE

TICKET ICE: Ticket ice can be purchased either one ticket at a time or in booklets of 10 or 20. **Skaters must be registered for at least 1 hour of ice time/week in the current season to qualify to use ticket ice.** Skaters may use a maximum of 20 ticket ice during the Full Season schedule.

PRIVATE LESSONS: Ice fees must be paid to FHFSC before the skater steps on the ice. **Only FHFSC-Contracted coaches are eligible to teach on FHFSC ice.**

HELMET POLICY: CanSkate, Double Digit, & AdultSkate participants up to & including stage 5 must wear a CSA approved hockey helmet while on the ice.

REFUND POLICY: FHFSC does not issue refunds, credits, make-up sessions, or ticket ice for any reason other than medical withdrawal with an accompanying doctors note.

For more information on our policies & procedures, please visit our website:

WWW.FHFSC.CA

LEARN TO SKATE PROGRAMS

Pre-CanSkate

- ◇ Ages 2-5
- ◇ Cannot skate unassisted
- ◇ Skater/Coach Ratio: 4:1

CanSkate

- ◇ Ages 4-10 and
- ◇ Able to skate unassisted
- ◇ Groups divided on-ice based on skill level
- ◇ Skater/Coach Ratio: 10:1

Double Digit

- ◇ CanSkate program for ages 11-17
- ◇ Able to skate unassisted
- ◇ Groups divided on-ice based on skill level
- ◇ Skater/Coach Ratio: 10:1

Adult Skate

- ◇ Ages 18+
- ◇ Able to skate unassisted
- ◇ Groups divided on-ice based on skill level
- ◇ Skater/Coach Ratio: 10:1

CanSkate Private Lessons

- ◇ Ages 2 +
- ◇ Recommended 1 hour/week
- ◇ 1-on-1 attention paid to skater
- ◇ Custom lesson plans to fit your skater's individual needs

PLEASE NOTE:

Skaters under the age of 8 must always have a parent/guardian in the arena while on the ice!

For more information on our learn-to-skate programs, please visit our website:

WWW.FHFSC.CA

SKILL SPECIFIC PROGRAMS

CanPower Skate

- ◇ Hockey specific skating skills (edges, speed, control)
- ◇ Must have passed CanSkate Stage 4
- ◇ Full hockey gear + stick required
- ◇ Skater/Coach Ratio: 20:1

STARSSkate Group

- ◇ Figure Skating specific skills
- ◇ Must have passed CanSkate Stage 4
- ◇ Figure skates are required
- ◇ Skater/Coach Ratio: 8:1

FIGURE SKATING PROGRAMS

Forest Hill FSC is pleased to offer over 12 hours per week of private-lesson ice for figure skaters. Please view below for our Category Levels & Requirements.

STARSSkate

- ◇ CanSkate Stage 5- STARSSkate Stage 4
- ◇ Private Lessons to be combined with a Group Lesson
- ◇ Figure Skates are required
- ◇ Suggested minimum 3 hours/week

Academy

- ◇ STARSSkate 5- STARSSkate 10 + Gold
- ◇ Must have passed both parts of STARSSkate 4 Free skate tests
- ◇ Private lessons only
- ◇ Eligibility is ultimately at Skating Director's discretion based on ice safety.

ALL STARSSkate & Academy ice times are available in 50/60-minute blocks only

Mini Season registration available to CanSkate Privates only

Skaters may only register for ice time they qualify for



2019/2020

Schedule & Programming

WWW.FHFSC.CA

E-MAIL: office@fhfsc.ca

PHONE : 416-481-7325



SKATECANADA

ICE TIME FOR PRIVATE LESSONS

Please note: Coaching fees are separate from ice time costs

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CAN SKATE	<u>Phil White Arena</u> 11:10am-12:00pm 12:00-1:00pm <u>LG Arena (Small Ice)</u> 4:40-5:40pm 5:40-6:10pm 6:10-7:00pm	<u>LG Arena (Small Ice)</u> 4:10-4:55pm 5:10-6:00pm 6:00-7:00pm	<u>LG Arena (Small Ice)</u> 4:10-5:00 PM 5:00-6:00 PM	<u>LG Arena (Small Ice)</u> 4:10-5:00 PM 5:00-6:00 PM	<u>LG Arena (Small Ice)</u> 4:10-5:00pm 5:00-6:00pm	<u>LG Arena (Small Ice)</u> 5:25-6:10pm 6:30-7:30pm	<u>LG Arena (Small Ice)</u> 7:10-8:00am 8:10-9:00am 9:00-9:50am 10:00-11:00am 11:00-11:30am
	<u>Phil White Arena</u> 8:10-9:00am 9:00-10:00am 10:00-11:00am <u>LG Arena (Small Ice)</u> 7:10-8:00pm 8:00-9:00pm	<u>LG Arena (Small Ice)</u> 5:10-6:00pm 6:00-7:00pm	<u>LG Arena (Small Ice)</u> 6:10-7:00 PM 7:00-8:00 PM <i>7:45-8:00 Stroking</i>	<u>LG Arena (Small Ice)</u> 4:10-5:00 PM 5:00-6:00 PM	<u>LG Arena (Large Ice)</u> 4:10-5:00pm 5:10-6:00pm 6:00-7:00pm <i>6:45-7:00pm Stroking</i>	<u>LG Arena (Small Ice)</u> 11:40-12:30pm 12:30-1:00pm	
	<u>Phil White Arena</u> 8:10-9:00am 9:00-10:00am 10:00-11:00am <u>LG Arena (Small Ice)</u> 7:10-8:00pm 8:00-9:00pm		<u>LG Arena (Large Ice)</u> 5:10-6:00 PM 6:00-7:00 PM <i>6:45-7:00 Stroking</i>	<u>LG Arena (Large Ice)</u> 5:10-6:00pm 6:00-7:00pm	<u>LG Arena (Large Ice)</u> 7:10-8:00pm 8:00-9:00pm 8:45-9:00pm <i>Stroking</i>	<u>LG Arena (Large Ice)</u> 5:10-6:00pm 6:00-7:00pm	<u>LG Arena (Small Ice)</u> 12:00-1:00 pm

2019/2020 SEASON

Larry Grossman Arena

Full Season: September 8 – April 25 (31 Weeks)

Season 1: September 8 – October 26 (7 Weeks)

Season 2: October 27 – December 21 (8 Weeks)

Season 3: January 5 – February 29 (8 Weeks)

Season 4: March 1 – April 25 (8 Weeks)

Phil White Arena (Large Ice)

September 29– March 22 (25 Weeks) - no skating October 13th

GROUP LESSONS

All Group Lessons take place on Larry Grossman Small Ice unless otherwise noted

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pre-CanSkate Group	<u>Phil White Arena</u> 11:15-12:00 12:15-1:00 <u>LG Arena (Small Ice)</u> 4:45-5:30pm 5:30-6:15pm	4:10-4:55pm	4:15-5:00pm 5:00-5:45pm		4:30-5:15pm 5:15-6:00pm	5:25-6:10pm 6:20-7:05pm	8:15-9:00am 9:00-9:45am 10:00-10:45am 10:45-11:30am
	<u>Phil White Arena</u> 11:15-12:00 12:15-1:00 <u>LG Arena (Small Ice)</u> 4:45-5:30pm 5:30-6:15pm	4:10-4:55pm	4:15-5:00pm 5:00-5:45pm		4:30-5:15pm 5:15-6:00pm	5:25-6:10pm 6:20-7:05pm	8:15-9:00am 9:00-9:45am 10:00-10:45am 10:45-11:30am
CanPower Group						4:40-5:25pm	7:10-8:00am
Double Digit Group	6:10-7:00pm	6:10-7:00pm	8:10-9:00pm				
Adult Skate Group	6:10-7:00pm		8:10-9:00pm				
STARSkate Group			6:10-7:00pm		<u>Large Ice</u> 4:10-5:00pm	6:30-7:30pm	11:40am-12:30pm