

PLEASE NOTE

TICKET ICE: Ticket ice can be purchased one ticket at a time if session permits. **Skaters must be registered for at least 1 hour of ice time/week in the current season to qualify to use ticket ice.**

PRIVATE TYPE 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 with a face shield that covers both nose and mouth.

REFUND POLICY: FHFSC does not issue refunds, credits, make-up sessions, or ticket ice for any reason other than medical withdrawal from a program and must accompany a doctors note.

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

WWW.FHFSC.CA

LEARN TO SKATE PROGRAMS

Pre-CanSkate

- ◇ Not available for Season 1 -2020

CanSkate

- ◇ Ages 4-10
- ◇ Able to skate unassisted,
- ◇ Use washroom by themselves
- ◇ No Parents will be allowed into arena
- ◇ Skater/Coach Ratio: 1:6

Double Digit

- ◇ CanSkate program for ages 11-17
- ◇ Able to skate unassisted
- ◇ Skater/Coach Ratio: 7:1

Adult Skate

- ◇ Ages 18+
- ◇ Able to skate unassisted
- ◇ Skater/Coach Ratio: 7:1

CanSkate Private-Type Lessons

- ◇ Ages 4 +
- ◇ Recommended 1 hour/week
- ◇ Able to skate unassisted,
- ◇ Use washroom by themselves
- ◇ No Parents will be allowed into arena
- ◇ Custom lesson plans to fit your skater's individual needs

For more information on our Learn to Skate programs, as well our Covid Information please visit our website:

WWW.FHFSC.CA

SKILL SPECIFIC PROGRAMS

CanPower Skate

- ◇ Hockey specific skating skills
- ◇ Must have passed CanSkate Stage 4
- ◇ Able to skate unassisted,
- ◇ Use washroom by themselves
- ◇ Full hockey gear required
- ◇ Skater/Coach Ratio: 7:1

STARSkate Group

- ◇ Figure Skating specific skills
- ◇ Must have passed CanSkate Stage 4
- ◇ Figure skates are required
- ◇ Skater/Coach Ratio: 7:1

FIGURE SKATING PROGRAMS

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

STARSkate

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

Academy

- ◇ STARSkate 5- STARSkate 10 + Gold
- ◇ Must have passed both parts of STARSkate 4 Free skate tests
- ◇ Private type lessons only

ALL ice times available are 50/60-minute blocks only

Private type lessons will be organized by Coach, club will manually invoice and parents will receive email to make payment in their account. Payment in full must be completed before 1st skating day.



2020 Season 1

Schedule & Programming

Sept 8 - Oct 31, 2020

WWW.FHFSC.CA

E-MAIL: office@fhfsc.ca

PHONE : 416-481-7325



SKATECANADA

Ice Time for Private Type Lessons

Please note: Coaching fees are separate from ice time costs

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
C A N S K A T E	<u>LG Arena (Small Ice)</u> 4:40-5:30pm 5:40-6:30pm 6:40-7:30pm	<u>LG Arena (Small Ice)</u> 4:10-5:00pm 5:10-6:00pm 6:10-7:00pm	<u>LG Arena (Small Ice)</u> 4:10-5:00pm 5:10-6:00pm	<u>LG Arena (Small Ice)</u> 4:10-5:00pm 5:10-6:00pm	<u>LG Arena (Small Ice)</u> 4:10-5:00pm 4:10-5:00pm 5:10-6:00pm	<u>LG Arena (Small Ice)</u> 4:40-5:30pm 5:40-6:30pm 6:40-7:30pm	<u>LG Arena (Small Ice)</u> 7:10-8:00am 8:10-9:00am 9:10-10:00am 10:10-11:00am
S T A R S K A T E	<u>LG Arena (Small Ice)</u> 5:40-6:30pm 6:40-7:30pm 7:40-9:00pm	<u>LG Arena (Small Ice)</u> 5:10-6:00pm 6:00-7:00pm	<u>LG Arena (Small Ice)</u> 6:10-7:00pm 7:10-8:00pm <u>LG Arena (Large Ice)</u> 5:10-6:00pm 6:10-7:00pm	<u>LG Arena (Small Ice)</u> 4:10-5:00pm 5:10-6:00pm 6:10-7:00pm <u>LG Arena (Large Ice)</u> 5:10-6:00pm 6:10-7:00pm	<u>LG Arena (Large Ice)</u> 4:10-5:00pm 5:10-6:00pm 6:10-7:00pm		<u>LG Arena (Small Ice)</u> 10:10-11:00am 11:10-12:00pm 12:10-1:00pm
A C A D E M Y	<u>LG Arena (Small Ice)</u> 6:40-7:30pm 7:30-9:00pm	<u>LG Arena (Small Ice)</u> 5:10-6:00pm 6:00-7:00pm	<u>LG Arena (Large Ice)</u> 5:10-6:00pm 6:10-7:00pm	<u>LG Arena (Large Ice)</u> 5:10-6:00pm 6:10-7:00pm	<u>LG Arena (Large Ice)</u> 7:10-8:00pm 8:10-9:00pm	<u>LG Arena (Large Ice)</u> 5:10-6:00pm 6:10-7:00pm	<u>LG Arena (Small Ice)</u> 11:10-12:00pm 12:10-1:00pm

2020 Season 1

Larry Grossman Arena

Season 1: September 8 – October 31, 2020

Large Rink – Available Tuesday Sept 8 (8 weeks)

Small Rink – Available Saturday Sept 12

Small Rink Saturday skaters (8 weeks)

Small Rink Monday-Sunday (7 weeks)

Group Lessons

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

	SUNDAY	MONDAY	TUESDAY	W E D N E S D A Y	THURSDAY	FRIDAY	SATURDAY
Pre-Can Groups	Not Available	Not Available	Not Available		Not Available	Not Available	Not Available
CanSkate Group	4:40-5:30pm 5:40-6:30pm				4:10-5:00pm		8:10-9:00am 9:10-10:00am
CanPower Group							7:10-8:00am
Double Digit Group	7:30-9:00pm	6:10-7:00pm	8:10-9:00pm				
Adult Skate Group	7:30-9:00pm	6:10-7:00pm	8:10-9:00pm				
STARSkate Group							<u>Large Ice</u> 4:10-5:00pm