

PLEASE NOTE

PRIVATE LESSONS:

Forest Hill FSC is pleased to offer over 25 hours per week of private lesson ice time for figure skaters.

Consult your coach for booking and scheduling.

- Ice time 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: PreCan, CanSkate, PASS, CanPower, CanFigureSkate, Double Digit & Adult 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

PASS Program

- ◇ Age 2+
- ◇ Parent Assisted Skater Session
- ◇ One parent per skater
- ◇ Coach/Skater+Parent Ratio 1:4

PreCanSkate

- ◇ New skaters age 2+
- ◇ No skating experience
- ◇ Coach/Skater Ratio 1:4

CanSkate

- ◇ Ages 4-10
- ◇ Able to skate unassisted
- ◇ Coach/Skater Ratio: 1:8

CanFigureSkate

- ◇ CanSkate 1-4 Level skaters
- ◇ Figure Skates and Attire Required
- ◇ Coach/Skater ratio 1:8

Double Digit/Adult Skate

- ◇ CanSkate program for ages 11+
- ◇ Able to skate unassisted
- ◇ Coach/Skater Ratio: 1:8

Private Lessons

- ◇ Ages 4+
- ◇ Recommended 1 hour/week
- ◇ Custom lesson plans to fit your skater's individual needs

All Group Lessons will be online registration.

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

WWW.FHFSC.CA

HOCKEY SKILL PROGRAMS

PreCanPower

- ◇ Canskater 1-4 Level skaters
- ◇ Hockey gear optional
- ◇ Coach/Skater Ratio 1:8

CanPower

- ◇ Hockey specific skating skills
- ◇ Must have passed CanSkate Stage 4
- ◇ Able to skate unassisted,
- ◇ Full hockey gear required
- ◇ Coach/Skater Ratio 1:8

FIGURE SKATING PROGRAMS

STARSkate Group

- ◇ Figure Skating specific skills
- ◇ Must have passed CanSkate Stage 4
- ◇ Figure Skates and Attire Required
- ◇ Coach/Skater Ratio 1:8

STARSkate

- ◇ CanSkate 5- STARSkate 4
- ◇ Private Lessons combined with a Group Lesson
- ◇ Figure Skates and Attire are required
- ◇ Recommended minimum 3 hours/week

Academy

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

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

Private lessons will be organized by Coach, club will manually invoice, parents will be emailed to make payment in their account.

WWW.FHFSC.CA



2021-2022 Season

Schedule & Programming

Sept 7, 2021 – June 30, 2022

Schedule and Pricing is subject to change due to Covid Restrictions and Capacity Limits

WWW.FHFSC.CA

E-MAIL: office@fhfsc.ca



SKATECANADA

Ice Time for Private Lessons

Please note: Coaching fees are separate from ice time costs

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

2021-2022 Season

Larry Grossman Arena

FULL Season September 7, 2021 – April 30, 2022 (31 Weeks)

Season 1 (Sept 7-Oct 30, 2021) (8 weeks) Season 3 (Jan 2-Feb 26, 2022) (8 weeks)

Season 2 (Oct 31-Dec 19, 2021) (7 weeks) Season 4 (Feb 27-Apr 30, 2022) (9 weeks)

Season 5 (May 1- June 30, 2022) (4 week weekend) (9 week weekday)-see specific brochure

Phil White Arena

Full Season (Sept 26, 2021 – Mar 20, 2022) (25 weeks)

Season A (Sept 26-Nov 14) 8 weeks	Season B (Nov 21- Jan 16) 8 weeks (closed boxing day)	Season C (Feb 6-Mar 20) 7 weeks
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Group Lessons

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PASS Program	PHIL WHITE 11-12noon * 12-1pm*			W E D N E S D A Y			
Pre-Can Groups	PHIL WHITE 12-1pm LG Arena 4:40-5:30pm 5:30-6:30pm	4:10-5:00pm 5:00-6:00pm	4:10-5:00pm 5:00-6:00pm 6:00-7:00pm	N O N E S D A Y	4:10-5:00pm 5:00-6:00pm	5:30-6:30pm	8:00-9:00am 9:00-10:00am
CanSkate Group	PHIL WHITE 12-1pm LG Arena 4:40-5:30pm 5:30-6:30pm	4:10-5:00pm 5:00-6:00pm	4:10-5:00pm 5:00-6:00pm 6:00-7:00pm	G R O U P L E S S O N S	4:10-5:00pm 5:00-6:00pm	5:30-6:30pm	8:00-9:00am 9:00-10:00am
CanFigureSkate							10:10-11:00am
PreCanPower Group						4:40-5:30pm	7:00-8:00am
CanPower Group						4:40-5:30pm	7:00-8:00am
Double Digit Adult Group Corporate Adult	7:40-9:00pm	6:00-7:00pm				8:00-9:00pm	
STARSkate Group	6:30-7:30pm					Large Ice 5:00-6:00pm	10:10-11:00am