

## 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 24, 2022

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

**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
<b>CAN S K A T E / C A N P O W E R</b>	<u>LG Arena (Small Ice)</u>  4:40-5:30pm 5:30-6:30pm 6:30-7:30pm  <u>PHIL WHITE</u> 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>CANPOWER</u> 4:40-5:30pm	<u>LG Arena (Small Ice)</u>  8:00-9:00am 9:00-10:00am  <u>CANPOWER</u> 7:00-8:00am  10:10-11:00am (figure skates/Attire Required)
<b>S T A R S K A T E</b>	<u>LG Arena (Small Ice)</u>  5:30-6:30pm 6:30-7:30pm 7:40-9:00pm  <u>PHIL WHITE</u> 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
<b>A C A D E M Y</b>	<u>LG Arena (Small Ice)</u>  6:30-7:30pm 7:40-9:00pm  <u>PHIL WHITE</u> 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 23, 2022 (31 Weeks)

Season 1 (Sept 7-Oct 30, 2021) (8 weeks)	Season 3 (Jan 2-Feb 26, 2022) (8 weeks)
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Season 2 (Oct 31-Dec 18, 2021) (7 weeks)	Season 4 (Feb 27-Apr 23, 2022) (8 weeks)
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Spring Season (Apr 24-May 28, 2022) (5 weeks) Schedule TBA	Summer Season (May 29-June 24, 2022) (4 weeks) Schedule TBA
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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 (Jan 23-Mar 13) 8 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
<b>PASS Program</b> <small>* Jan 2022 Sessions start 15mins earlier</small>	<u>PHIL WHITE</u>  11-12noon* 12-1pm*			<b>W E D N E S D A Y</b>			
<b>Pre-Can Groups</b>	<u>PHIL WHITE</u> 12-1pm* <u>LG Arena</u> 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	<b>T U E S D A Y</b>	4:10-5:00pm 5:00-6:00pm	5:30-6:30pm	8:00-9:00am 9:00-10:00am
<b>CanSkate Group</b>	<u>PHIL WHITE</u> 12-1pm* <u>LG Arena</u> 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	<b>W E D N E S D A Y</b>	4:10-5:00pm 5:00-6:00pm	5:30-6:30pm	8:00-9:00am 9:00-10:00am
<b>CanFigureSkate</b>				<b>T U E S D A Y</b>			10:10-11:00am
<b>PreCanPower Group</b>				<b>W E D N E S D A Y</b>		4:40-5:30pm	7:00-8:00am
<b>CanPower Group</b>				<b>T U E S D A Y</b>		4:40-5:30pm	7:00-8:00am
<b>Double Digit &amp; Adult Group</b>	7:40-9:00pm	6:00-7:00pm	8:10-9:00pm	<b>W E D N E S D A Y</b>			
<b>STARSkate Group</b>				<b>T U E S D A Y</b>	<u>Large Ice</u> 4:10-5:00pm		10:10-11:00am