

Group Sessions

All sessions are at Larry Grossman Arena, unless noted. All sessions are 60 mins, and may include flood.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PASS (Parent Assisted Skater Session)	<u>PHIL WHITE</u> 10:00-10:40am 10:40-11:20am 11:20-12:00pm						
PreCanSkate	<u>Small Ice</u> 4:30-5:30pm 5:30-6:30pm <u>PHIL WHITE</u> 10:00-10:40am 10:40am-11:20am 11:20-12:00pm	<u>Small Ice</u> 4:00-5:00pm 5:00-6:00pm	<u>Small Ice</u> 4:00-5:00pm 5:00-6:00pm		<u>Small Ice</u> 4:00-5:00pm 5:00-6:00pm	<u>Small Ice</u> 4:00-5:00pm	<u>Small Ice</u> 8:00-9:00am 9:00-10:00am 1:00-2:00pm
CanSkate	<u>Small Ice</u> 4:30-5:30pm 5:30-6:30pm <u>PHIL WHITE</u> 10:00-10:40am 10:40am-11:20am 11:20-12:00pm	<u>Small Ice</u> 4:00-5:00pm 5:00-6:00pm	<u>Small Ice</u> 4:00-5:00pm 5:00-6:00pm 6:00-7:00pm		<u>Small Ice</u> 4:00-5:00pm 5:00-6:00pm	<u>Small Ice</u> 4:00-5:00pm	<u>Small Ice</u> 8:00-9:00am 9:00-10:00am 1:00-2:00pm
CanFigureSkate (Figure Skates & Attire Required)							<u>Small Ice</u> 10:00-11:00am
POWER HOUR: PrePower & Power (Full Hockey Gear, Sticks & Pucks)						<u>Small Ice</u> 5:00-6:00pm	<u>Small Ice</u> 2:00-3:00pm
StarSkate: Can 5-STAR 1	<u>Small Ice</u> 6:30-7:30pm				<u>Large Ice</u> 5:00-6:00pm		<u>Small Ice</u> 11:00-12:00pm
DOUBLE DIGIT ADULT LTS	<u>Small Ice</u> 7:30-9:00pm	<u>Small Ice</u> 5:00-6:00pm			<u>Large Ice</u> 8:00-9:00pm		<u>Small Ice</u> 8:00-9:00am
FRIDAY NIGHT LIGHTS						<u>Small Ice</u> 8:00-9:00pm	

HELMET POLICY:

PASS, PreCan, CanSkate, CanFigureSkate, PrePower, Power, Double Digit & Adult participants up to & including stage 5 must wear a CSA approved hockey helmet while on the ice. Helmets with face grills are mandatory for Power Hours.

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 doctor's note.

FHFSC reserves the right to cancel sessions if minimum registration requirements are not met or other related reasons. You will be notified in advance.

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
- ◇ Helmets are **mandatory** for both skater and parent
- ◇ Coach/Skater+Parent Ratio 1:5

PreCanSkate

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

CanSkate

- ◇ Ages 4-10
- ◇ Able to skate unassisted
- ◇ Working on CanSkate 1-6
- ◇ Coach/Skater Ratio: 1:8

CanFigureSkate

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

Double Digit

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

Adult LTS

- ◇ Ages 18+
- ◇ Able to skate unassisted
- ◇ Coach/Skater Ratio: 1:8

Adult Friday Night Lights

- ◇ Fun Group Session
- ◇ Cool Lighting
- ◇ Great Music

For more information on our Learn To Skate programs, please visit our website:

WWW.FHFSC.CA

HOCKEY SKILL PROGRAMS

PrePower

- ◇ Canskater 1-4 Level skaters
- ◇ Hockey gear optional
- ◇ Helmets with grill are mandatory
- ◇ Coach/Skater Ratio 1:8

Power

- ◇ Hockey specific skating skills
- ◇ Must have passed CanSkate 4
- ◇ Full hockey gear required
- ◇ Coach/Skater Ratio 1:8

FIGURE SKATING PROGRAMS

StarSkate

- ◇ Figure skating specific skills
- ◇ Must have passed CanSkate 4
- ◇ Figure skates and attire required
- ◇ Coach/Skater Ratio 1:10

Adult Star

- ◇ Figure skating specific skills
- ◇ Working on Star 1
- ◇ Figure skates and attire required
- ◇ Coach/Skater Ratio 1:10
- ◇

For more information on our Hockey Skills and Figure Skating programs, please visit our website:

WWW.FHFSC.CA

2022-2023 Season

Larry Grossman Arena

340 Chaplin Cres
Toronto, ON

FULL SEASON:

**Sept. 6, 2022 - April 29, 2023
(32 Weeks)**

**Season 1: Sept. 6 - Oct. 29
(8 Weeks)**

**Season 2: Oct. 30 - Dec. 24
(8 Weeks)**

**Season 3: Jan. 8 – Mar. 4
(8 Weeks)**

**Season 4: Mar. 5 – Apr. 29
(8 Weeks)**

Phil White Arena

443 Arlington Ave
Toronto, ON

FULL SEASON:

**Oct. 16, 2022 – Mar 19, 2023
(20 Weeks)**

**Season A: Oct. 16 - Dec. 18
(Excluding Dec. 4) (9 weeks)**

**Season B: Jan. 8 – Mar. 19
(11 Weeks)**

Schedule and Pricing is subject to change



2022-2023 SEASON GROUP SESSIONS

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E-MAIL: office@fhfsc.ca



Skate Canada