

Ice Time for Private Lessons

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
PreCanSkate	<u>Small Ice</u> 4:30-5:30pm 5:30-6:30pm	<u>Small Ice</u> 4:00-5:00pm 5:00-6:00pm	<u>Large Ice</u> 4:00-5:00pm <u>Small Ice</u> 5:00-6:00pm	<u>Large Ice</u> 4:00-5:00pm <u>Small Ice</u> 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 11:00-12:00pm 1:00-2:00pm
CanSkate	<u>Small Ice</u> 4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	<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 6:00-7:00pm	<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 11:00-12:00pm 1:00-2:00pm
CanFigureSkate (Figure Skates & Attire Required)							<u>Small Ice</u> 10:00-11:00am
PrePower 1,2,3 (No Hockey Gear, Sticks or Pucks)		<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 5:00-6:00pm	<u>Small Ice</u> 4:00-5:00pm	<u>Small Ice</u> 8:00-9:00am 9:00-10:00am
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 *Star 1 only-no helmets	<u>Small Ice</u> 6:30-7:30pm	<u>Small Ice</u> 6:00-7:00pm	<u>Small Ice</u> 6:00-7:00pm		<u>Large Ice</u> 4:00-5:00pm 5:00-6:00pm 6:00-7:00pm*	<u>Small Ice</u> 6:00-7:00pm 7:00-8:00pm	<u>Small Ice</u> 10:00-11:00am 11:00-12:00pm
Star 2-3	<u>Small Ice</u> 6:30-7:30pm	<u>Small Ice</u> 6:00-7:00pm	<u>Small Ice</u> 6:00-7:00pm 7:00-8:00pm	<u>Large Ice</u> 5:00-6:00pm 6:00-7:00pm	<u>Large Ice</u> 4:00-5:00pm 5:00-6:00pm 6:00-7:00pm	<u>Small Ice</u> 6:00-7:00pm 7:00-8:00pm	<u>Small Ice</u> 11:00-12:00pm
STAR 4-GOLD			<u>Large Ice</u> 5:00-6:00pm 6:00-7:00pm	<u>Large Ice</u> 5:00-6:00pm 6:00-7:00pm	<u>Large Ice</u> 6:00-7:00pm 7:00-8:00pm	<u>Large Ice</u> 5:00-6:00pm 6:00-7:00pm	
ADULTS LTS* ADULTS STAR DOUBLE DIGIT	<u>Small Ice</u> 7:30-9:00pm	<u>Small Ice</u> *6:00-7:00pm	<u>Small Ice</u> 8:00-9:00pm		<u>Large Ice</u> 8:00-9:00pm		
ADULT DANCE NIGHT						<u>Small Ice</u> 8:00-9:00pm	
OPEN TO ALL LEVELS (No Hockey)	<u>PHIL WHITE</u> 8:00-9:00am 9:00-10:00am 12:00-1:00pm						<u>Small Ice</u> 12:00-1:00pm

PRIVATE LESSONS:

FHFSC is pleased to offer over 25 hours/week of private lesson ice time.

Finding a coach:

Go to www.fhfsc.ca, programs, private instruction

Private lessons involve 2 costs:

- 1) Ice time fees plus annual Skate Canada Fee and Admin fee paid to FHFSC before the skater steps on the ice.
- 2) Private Lesson fees paid directly to the coach.

TICKET ICE:

Ticket ice can be purchased one ticket at a time if session permits.

FHFSC skaters must be registered for at least 1 hour of ice time/week in the current season to qualify for ticket ice.

HELMET POLICY:

PreCan, PrePower, CanSkate, CanFigureSkate, 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.

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

WWW.FHFSC.CA

PRIVATE LESSON ICE TIME

PreCanSkate

- ◇ New skaters age 4+
- ◇ No skating experience

CanSkate

- ◇ Ages 4-10
- ◇ Able to skate unassisted

CanFigureSkate

- ◇ CanSkate levels 1-4
- ◇ Figure skates and attire required

PrePower

- ◇ Canskate 1, 2, 3

Power

- ◇ Cankate 4+

Double Digit

- ◇ CanSkate program for ages 11+
- ◇ Able to skate unassisted

Adult Learn To Skate (LTS)

- ◇ Ages 18+ Able to skate unassisted

Adult Star

- ◇ Ages 18+
- ◇ Passed CanSkate 6

StarSkate

- ◇ CanSkate 5 – Star 1
- ◇ Figure skates and attire required
- ◇ Recommended 2 hours per week

Star 2-3

- ◇ Must have passed one Star 1 assessment
- ◇ Recommended 3 hours per week

Star 4-Gold

- ◇ Must have passed one Star 3 assessment
- ◇ Recommended 4 hours per week

Adult Dance Night

- ◇ Dance session

Open

- ◇ Available to all level skaters

For more information on our skating programs, please visit our website at

WWW.FHFSC.CA

2022-2023 Season

Larry Grossman Arena

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

FULL SEASON:

Oct. 16, 2022 – Mar. 19, 2023
(20 weeks)
(Excluding Dec 4 & Feb 26)

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

FOREST HILL
Figure Skating Club

2022-2023 **SEASON** **PRIVATE ICE** **TIME**

WWW.FHFSC.CA

E-MAIL: office@fhfsc.ca



Skate Canada

