|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group & Private 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)**  **Group** | **PHIL WHITE**  **10:00-10:40am**  **10:40-11:20am**  **11:20-12:00pm** |  |  |  |  |  |  |
| **PreCanSkate**  **CanSkate 1-6**  **Group**  **Includes STAR 1\*** | **Small Ice**  **4:30-5:30pm**  **PHIL WHITE**  **10:00-10:40am**  **10:40am-11:20am**  **11:20-12:00pm** | **Small Ice**  **5:00-6:00pm** | **Large Ice**  **4:00-5:00pm** |  | **Small Ice**  **5:00-6:00pm\*** |  | **Small Ice**  **8:15-9:15am**  **9:15-10:15am**  **1:15-2:15pm\***  **2:15-3:15pm** |
| **POWER HOUR:**  **PrePower & CanPower Group**  **(Full Hockey Gear & Sticks)** |  |  |  |  |  | **Small Ice**  **5:00-6:00pm** | **Small Ice**  **2:15-3:15pm** |
| **DOUBLE DIGIT** | **Small Ice**  **7:30-9:00pm\*\*\*** |  | **Small Ice**  **8:15-915pm** |  | **Large Ice**  **8:00-9:00pm** |  |  |
| **BRONZE PRIVATE**  **LTS** | **Small Ice**  **5:30-6:30pm**  **6:30-7:30pm**  **PHIL WHITE**  **8:00-9:00am**  **9:00-10:00am**  **12:00-1:00pm** | **Small Ice**  **4:00-5:00pm**  **6:00-7:00pm** | **Small Ice**  **5:15-6:15pm**  **6:15-7:15pm** | **Large Ice**  **4:00-5:00pm**  **Small Ice**  **5:00-6:00pm** | **Small Ice**  **4:00-5:00pm**  **Large Ice**  **5:00-6:00pm** | **Small Ice**  **4:00-5:00pm**  **6:00-7:00pm**  **7:00-8:00pm** | **Small Ice**  **10:15-11:15am**  **11:15-12:15pm**  **12:15-1:15pm** |
| **SILVER PRIVATE**  **Star 1 – 2**  **\*\*Star1-2 only** | **Small Ice**  **6:30-7:30pm**  **7:30-8:30pm**  **PHIL WHITE**  **8:00-9:00am**  **9:00-10:00am**  **12:00-1:00pm** | **Small Ice**  **4:00-5:00pm**  **6:00-7:00pm** | **Small Ice**  **6:15-715pm**  **7:15-8:15pm\*\*** |  | **Large Ice**  **4:00-5:00pm\*\***  **5:00-6:00pm** | **Small Ice**  **4:00-5:00pm**  **6:00-7:00pm**  **7:00-8:00pm** | **Small Ice**  **10:15-11:15am**  **11:15-12:15pm**  **12:15-1:15pm** |
| **GOLD PRIVATE**  **Star 3+** |  |  | **Large Ice**  **5:00-6:00pm**  **6:00-7:00pm** | **Large Ice**  **5:00-6:00pm**  **6:00-7:00pm** | **Large Ice**  **6:00-7:00pm**  **7:00-8:00pm** | **Large Ice**  **5:00-6:00pm**  **6:00-7:00pm** |  |
| **FHFSC Off Ice Classes** |  |  |  |  | **Workout Room**  **6:15-7pm** |  | **Workout Room**  **10:30-11:15am** |
| **ADULT Skating** | **Small Ice**  **7:30-9:00pm\*\*\*** |  | **Small Ice**  **8:15-9:15pm** |  | **Large Ice**  **8:00-9:00pm** |  |  |
| **Hockey ADULTS** |  |  |  |  |  | **Small Ice**  **8:00-9:00pm** |  |
| **SUNDAY NIGHT LIGHTS\*\*\*** | **Small Ice**  **8:30-9:00pm** |  |  |  |  |  |  |

**PRIVATE LESSONS:**

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

Finding a coach:

Go to [www.fhfsc.ca](http://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 feed paid directly to the coach.

**HELMET POLICY:**

PASS, PreCan, CanSkate, 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.

**Note:** *some Tuesday/Wednesday 4pm Large Ice sessions will change to Small Ice due to arena ice schedule.*

*For more information on our policies & procedures, please visit our website:*[**WWW.FHFSC.CA**](http://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 1:6

**PreCanSkate**

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

**CanSkate/Star 1**

* Ages 4-10
* Able to skate unassisted
* Working on CanSkate 1-6
* Working on Star 1 level
* Coach/Skater Ratio: 1:10

**Double Digit**

* Ages 11+
* Able to skate unassisted
* Coach/Skater Ratio: 1:8

**Adult LTS**

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

**Hockey Adults**

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

**Sunday Night Lights -ADULTS**

* Fun Group Session
* Cool Lighting
* Great Music

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

[**WWW.FHFSC.CA**](http://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

**Hockey Parents**

* Fun night of hockey skating skills
* Hockey gear optional
* Helmets with grill are mandatory
* Coach/Skater Ratio 1:8

**PRIVATE LESSONS & OFF-ICE**

**BRONZE**

* Skaters learning to skate(LTS)

**SILVER**

* Star 1- 2 level skaters

**GOLD**

* Star 3+ level skaters

Qualifications:

-must be able to do a loop jump, camel spin/or sit spin and fast stroking skills with crosscuts(no toe picks)

-must be approved by skating director

**WORKOUT ROOM -Off-Ice classes**

* Add a FHFSC off ice class
* Ask your coach about off ice classes

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

[**WWW.FHFSC.CA**](http://WWW.FHFSC.CA)

**2023-2024 Season**

A pair of ice skates on a snowy surface

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|  |
| --- |
| **Larry Grossman Arena**  **340 Chaplin Cres**  **Toronto, ON** |
| **FULL SEASON:**  **Sept. 11, 2023 – Apr. 27, 2024**  **(31 Weeks)** |
| **Season 1: Sept. 11 - Oct. 28**  **(7 Weeks)** |
| **Season 2: Oct. 29 - Dec. 23**  **(8 Weeks)** |
| **Season 3: Jan. 7 – Mar. 2**  **(8 Weeks)** |
| **Season 4: Mar. 3 – Apr. 27**  **(8 Weeks)** |
|  |
| **Phil White Arena**  **443 Arlington Ave Toronto, ON** |
| **FULL SEASON:**  **Oct. 15, 2023 – Mar 17, 2024**  **(21 Weeks)** |
| **Season A: Oct. 15 - Dec. 24**  (Excluding Nov 19) **(11 weeks)** |
| **Season B: Jan. 7 – Mar. 17**  **(11 Weeks)** |
|  |

**Schedule and Pricing is subject to change**

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**2023-2024 S**  **EASON**

**GR**  **OUP & OPEN**

**SESSION**

**WWW.FHFSC.CA**

**E-MAIL:** [**office@fhfsc.ca**](mailto:office@fhfsc.ca)

