

Group & Private Sessions

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

LEGEND: Includes StarSkate 1 Level*
 Star 1-2**
 Sunday Night Lights***
 Group #
 Open ^

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|--|---|---|
| PASS (Parent Assisted Skater Session) Group | <u>PHIL WHITE</u> 10:00-10:40am 10:40-11:20am 11:20-12:00pm | | | | | | |
| PreCanSkate CanSkate 1-6 Group Includes StarSkate 1 Level* Includes Adult CanSkate Group+ | <u>Small Ice</u> 4:30-5:30pm <u>PHIL WHITE</u> 10:00-10:40am 10:40am-11:20am 11:20-12:00pm | <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> 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) | | | | | | <u>Small Ice</u> 5:00-6:00pm | <u>Small Ice</u> 8:15-9:15am 2:15-3:15pm |
| DOUBLE DIGIT Group # And Open ^ Sessions | <u>Small Ice</u> 7:30-9:00pm***# | | <u>Small Ice</u> 8:15-9:15pm^ | | <u>Large Ice</u> 8:00-9:00pm^ | | <u>Small Ice</u> 8:15-8:15am |
| BRONZE PRIVATE Introductory level | <u>Small Ice</u> 5:30-6:30pm 6:30-7:30pm <u>PHIL WHITE</u> 8:00-9:00am 9:00-10:00am 12:00-1:00pm | <u>Small Ice</u> 4:00-5:00pm 6:00-7:00pm | <u>Small Ice</u> 5:15-6:15pm 6:15-7:15pm | <u>Large Ice</u> 4:00-5:00pm <u>Small Ice</u> 5:00-6:00pm | <u>Small Ice</u> 4:00-5:00pm <u>Large Ice</u> 5:00-6:00pm | <u>Small Ice</u> 4:00-5:00pm 6:00-7:00pm 7:00-8:00pm | <u>Small Ice</u> 10:15-11:15am 11:15-12:15pm 12:15-1:15pm |
| SILVER PRIVATE Star 1 – 2 Star1-2 only** | <u>Small Ice</u> 5:30-6:30pm 6:30-7:30pm <u>PHIL WHITE</u> 8:00-9:00am 9:00-10:00am 12:00-1:00pm | <u>Small Ice</u> 4:00-5:00pm 6:00-7:00pm | <u>Small Ice</u> 6:15-7:15pm 7:15-8:15pm** | | <u>Large Ice</u> 4:00-5:00pm** 5:00-6:00pm | <u>Small Ice</u> 4:00-5:00pm 6:00-7:00pm 7:00-8:00pm | <u>Small Ice</u> 10:15-11:15am 11:15-12:15pm 12:15-1:15pm |
| GOLD PRIVATE Star 3+ | | | <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 | |
| FHFSC Off Ice Classes | | | | | <u>Workout Room</u> 6:15-7pm | | <u>Workout Room</u> 10:30-11:15am |
| ADULT Skating Group # And Open ^ Sessions | <u>Small Ice</u> 7:30-9:00pm***# | | <u>Small Ice</u> 8:15-9:15pm^ | | <u>Large Ice</u> 8:00-9:00pm^ | | |
| ADULT Hockey | | | | | | <u>Small Ice</u> 8:00-9:00pm | |
| SUNDAY NIGHT LIGHTS*** | <u>Small Ice</u> 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, 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 fee 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

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 1:5

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

- ◇ 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

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 1:10

Adult Hockey

- ◇ Fun night of hockey skating skills
- ◇ Hockey gear optional
- ◇ Helmets with grill are mandatory
- ◇ Coach/Skater Ratio 1:10

PRIVATE LESSONS & OFF-ICE

BRONZE

- ◇ Introductory level

SILVER

- ◇ Star 1- 2 level

GOLD

- ◇ Star 3+ level
- 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

OPEN

- ◇ Practice & Private for all levels

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

2023-2024 Season

Larry Grossman Arena

340 Chaplin Cres
Toronto, ON

FULL SEASON:

**Sept. 10, 2023 – Apr. 27, 2024
(31 Weeks)**

**Season 1: Sept. 10 - 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) (10 weeks)**

**Season B: Jan. 7 – Mar. 17
(11 Weeks)**

Schedule and Pricing is subject to change

FOREST HILL

Figure Skating Club

2023-2024 SEASON

GROUP & PRIVATE

SESSIONS

SEP. 10, 2023 - APR. 27, 2024



WWW.FHFSC.CA

E-MAIL: office@fhfsc.ca



Skate Canada