

Summer Canskate Group Lessons July 2-August 29, 2024

All classes are at Larry Grossman Arena. All group lessons are 45 mins, you may supplement with a private lesson before or after your group lesson

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CanSkate stage 1-6			<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>	<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>			
PreCanSkate			<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>	<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>			
PrePower & CanPower Group (Full Hockey Gear & Sticks) Children, Youth and Adult			<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>	<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>			
DOUBLE DIGIT CanSkate & Pre-Star 10 yrs-16 yrs			<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>	<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>			
PASS (Parent Assisted Skater Session)			<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>	<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>			
CanSkate Pre-Star/Star 1 Group Stage 5 & 6 and Star 1			<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>	<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>			
Adult CanSkate 1-6 Includes STAR 1*			<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>	<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>			
Adult Can Power			<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>	<u>5:10 pm-5:55 pm</u> <u>or 6:15-7:00:pm</u>			
10 min Supplemental private lesson			<u>5:55-6:05 pm</u>	<u>5:55-6:05pm</u>			
20 min Supplemental private lesson			<u>5:55-6:15 pm</u>	<u>5:55-6:15 pm</u>			
10 min Supplemental private lesson			<u>6:05-6:15 pm</u>	<u>6:05-6:15 pm</u>			



**CanSkate
PatinagePlus**

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.

For more information please visit our website: WWW.FHFSC.CA or email at canskate@fhfsc.ca

Summer 2024 Season

Larry Grossman Arena

340 Chaplin Cres
Toronto, ON

Summer 2024 SEASON:
July 1-August 30

Canskate

Tuesday 5:10pm & 6:15pm

Wednesday 5:10 & 6:15pm



Skate Canada

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

WWW.FHFSC.CA

CANSKATE 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

CanSkate Double Digit

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

Adult Canskate

- ◇ Ages 17+
- ◇ Able to skate unassisted
- ◇ Coach/Skater Ratio: 1:8

Adult CanPower Hockey

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

Sunday Night Lights -ADULT Canskate Star 1

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

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

WWW.FHFSC.CA

CANPOWER 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

- ◇ Introductory Level skaters

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

FOREST HILL

Figure Skating Club

Summer 2024 Season

WWW.FHFSC.CA

E-MAIL:

office@fhfsc.ca

canskate@fhfsc.ca



CanSkate
PatinagePlus

Schedule and Pricing is subject to change

Go to www.fhfsc.ca/registration for programs.

Canada Fee and Admin fee paid to FHFSC before the skater steps on the ice.