

Sackville Skating Club

Fall (October-December) 2020

Updated October 26, 2020

Registration is done online through www.sackvilleskatingclub.com.

BEFORE GETTING ON ICE:

1. Members must read and virtually sign the **Assumption of Risk waiver policy** before invoicing/registration will be completed.
2. All skaters parents, coaches, and club volunteers must read and understand **SSC Safe Return to Skating Protocol**
3. All skaters parents, coaches, and club volunteers must read and understand **Arena Facility Protocol**
4. Only register for sessions with your coach's approval (applicable for Star & Elite levels only)

All COVID-19 documents can be found on the Sackville Skating Club website under the '**COVID-19 INFO**' tab.

At THE RINK:

1. Arrive at the rink "ice ready" (in skating attire and skates on if possible)
2. Follow facility and club guidelines at all times. Maintain distance of 2m (6 feet) from other individuals when in the facility
3. Bring your own water, hand sanitizer, mask, and skating gloves. Personal items cannot be shared.

IF A SKATER OR ANY HOUSEHOLD MEMBER GETS TESTED FOR COVID-19 please inform us at admin@sackvilleskatingclub.com

If a skater is showing any signs/symptoms of COVID-19 then they MUST NOT attend any session until symptom subside.

If the skater has travelled outside of Atlantic Canada in the last 14 days, the skater MUST NOT attend until the 14 day period is over.

The Sackville Skating Club has a zero-tolerance policy to non-compliance of all COVID-19 protocol. Any skater, coach, parent, or volunteer found to not be adhering to the protocols outlined in this document will result in the suspension of their participation in club activities for the duration of Fall 2020.

CanSkate: Learn-to-skate program (appropriate for hockey, ringette, figure skating and recreational skating). Stages 1-6. Skaters must be FOUR years old by October 1, 2020 to register. Registered skaters must wear a certified hockey helmet. Face cage on helmet is required for PreSchool skaters. Hockey or figure skates are permitted.

Parent & Tot: Learn-to-skate program for PreSchool skaters age THREE years old by October 1, 2020. For skaters ages 3 and 4-years old. **ONE** Parent/Guardian will be permitted to go on ice with skater. The parent/guardian **MUST** be able to stand up unassisted and skate well enough to assist their skater. The parent/guardian must also pay a Skate Canada membership/insurance fee, therefore **MUST BE** the skaters' consistent on-ice guardian for each session.

<p>Saturday Parent & Tot + CanSkate # 1 10 weeks \$140 (plus SportSweep Fundraiser & Skate Canada fee for both skater and guardian)</p>	<p>4:10-4:50 pm Sackville Sports Stadium **October 10 is 3:55-4:35 pm</p>	<p>Oct 10**, 17, 24 Nov 7, 14, 21, 28 Dec 5, 12, 19 No skating Oct 31</p>
<p>Saturday CanSkate # 2 10 weeks \$140 (plus Skate Canada fee & SportSweep Fundraiser)</p>	<p>4:50-5:30 pm Sackville Sports Stadium **October 10 is 4:35-5:15 pm</p>	<p>Oct 10**, 17, 24 Nov 7, 14, 21, 28 Dec 5, 12, 19 No skating Oct 31</p>
<p>Monday CanSkate #1 10 weeks \$140 (plus Skate Canada fee & SportSweep Fundraiser)</p>	<p>5:10-5:50pm Sackville Sports Stadium</p>	<p>Oct 5, 19, 26 Nov 2, 9, 16, 23, 30 Dec 7,14 No skating Oct 12</p>
<p>Monday CanSkate #2 10 weeks \$140 (plus Skate Canada fee & SportSweep Fundraiser)</p>	<p>5:50-6:30 pm Sackville Sports Stadium</p>	<p>Oct 5, 19, 26 Nov 2, 9, 16, 23, 30 Dec 7,14 No skating Oct 12</p>

StarSkate Development: Stages 4-6 of CanSkate (or by invitation) with small group sizes and a focus on stronger skating skills and figure skating specific skills. Our StarSkate Development Program gives skaters the opportunity to continue working towards achieving the skills outlined in the CanSkate Program but in more of a figure skating environment. Skaters will still be assessed and receive the badges and ribbons for CanSkate but will also have the chance to try out more figure skating specific skills and concepts.

Following Skate Canada’s LONG TERM ATHLETE DEVELOPMENT Model, our StarSkate Development is now a **two day/week program**. Please choose two of the three sessions listed below. If for any reason you are unable to do two sessions per week, please email admin@sackvilleskatingclub.com and we will accommodate you to the best of our ability.

Figure skates are recommended, but not required. **Skaters must wear a certified helmet until they complete Stage 5.**

\$320 for 2 sessions/week

<p>Sunday 12 weeks</p>	<p>3:00-3:50 pm Lebrun Arena</p>	<p>Oct 4, 11*, 18, 25 Nov 1, 8, 15, 22, 29 Dec 6, 13, 20</p>	<p>3:00-3:50 pm On Ice *Oct 4 & 11 are 3:45-4:35pm</p>
<p>Saturday 11 weeks</p>	<p>5:40-6:30 pm Sackville Sports Stadium **Oct 3 & 10 is 5:25-6:15 pm</p>	<p>Oct 3, 10**, 17, 24 Nov 7, 14, 21, 28 Dec 5, 12, 19 No skating October 31</p>	<p>5:40-6:30 pm On Ice</p>
<p>Monday 10 weeks *Limited space available</p>	<p>5:05-5:50pm Or 5:50-6:30pm (on with CanSkate session) Sackville Sports Stadium</p>	<p>Oct 5, 19, 26 Nov 2, 9, 16, 23, 30 Dec 7, 14 No skating October 12</p>	<p>4:55-5:40 pm On Ice</p>

The placement of all skaters on each session is ultimately at the discretion of the Head Coach of the Sackville Skating Club. Skaters requesting to skate on sessions for which they do not qualify must submit a request in writing to admin@sackvilleskatingclub.com prior to the start of the season. Our main goal is to have safe, active, and productive sessions for all skaters and therefore skaters may need to be moved to another session to ensure this goal is met. The club reserves the right to move skaters to different sessions if necessary. Skate-Up/Down requests must be submitted by coaches and will not be accepted if submitted by parents.

Academy – This session is for skaters who are working on Star 1-3 level tests.

Coaching fees are included in the price of the program. “Ice only” packages for Star Academy sessions may be possible upon request and based on availability.

Skaters will be taught by our club's team of Professional Figure Skating coaches. Skaters will receive semi-private, small group, some one-on-one, and station-style instruction and will also have supervised practice time on each session.

STAR – This session is for skaters who are working on Star 3 and 4 level tests AND with coach approval.

Coaching fees are NOT included in the cost. For a combined “ice + coaching” Star 1-4 program please see our Star Academy Program.

Elite – This session is intended for skaters who are competing at the Star 5 level or above for the 2020-21 skating season.

Coaching fees are not included in the cost except for group stroking sessions. Skaters interested in ‘skating up’ to this session must have approval from the Head Coach.

- All registration must be completed online at www.sackvilleskatingclub.com Registration, including payment, must be received before skaters are permitted on the ice.
- The \$43.65 Skate Canada fee (valid Sept 2020 to Aug 2021) is non-refundable and must be added to the price by all home club skaters if they have not already done so this season.
- There is a \$40 charge for any NSF cheques and must be replaced with a money order or cash before the skater’s next session.
- No refunds except with a medical certificate and a written request to admin@sackvilleskatingclub.com
- The number of sessions cannot be guaranteed due to unforeseeable circumstances, such as snow storms. Cancellations will be posted on the club’s website and Facebook page.
- Session dates and times are tentative and subject to change. Sessions with low enrollment may be altered and/or cancelled.
- As e-mail is our main method of communication, please be sure to provide an address you check frequently.
- All skaters and coaches will be given a copy of the ice rules and regulations prior to the first day. Failure to comply with the rules and regulations listed could result in removal from the session.
- All Professional Coaches must submit their Skate Canada Registration to admin@sackvilleskatingclub.com prior to coaching on the ice, including guest coaches and dance partners, for approval. All coaches will be required to sign a non-home club coach contract prior to their first session.
- All skaters, coaches, volunteers, and parents must abide by Skate Canada’s Code of Ethics at all times.

POWER, EDGE, TURNS CLASS

Sunday 12 weeks \$90	4:55-5:25 pm Lebrun Arena	Oct 4, 11* , 18, 25 Nov 1, 8, 15, 22, 29 Dec 6, 13, 20	4:55-5:25 pm On Ice <div style="background-color: yellow; padding: 2px;">*Oct 4 & 11 are 5:40-6:10 pm</div>
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The POWER, EDGE, TURNS class will be in groups and lead by a club coach. The class is open to Academy, STAR, and Elite skaters. It will be in groups and will work on exercises of varying difficulty depending on level. Skaters will work on developing their skating skill, power, and agility on the ice.

*Skaters must be able to do basic turns (3 turns, mohawks) and at least working on Star 1 skills to register. Skaters not registered for Sunday sessions are also able to register for this class.

Academy: This session is for skaters who are working on Star 1-3 level tests. This program has a variety of different instructional and practice formats that align with Skate Canada's guidelines and recommendations for STAR 1-3 skaters. Skaters will have the opportunity to learn new skills in a wide variety of areas, take tests, celebrate achievements, enter competitions if they choose, and further develop their figure skating skills and abilities. Skaters will be able to work on skills that are at their appropriate level and also be challenged by new elements and skills.

Skaters will be taught by our club's team of Professional Figure Skating coaches and ***all lesson fees are included*** in the registration fee. Skaters will receive semi-private, small group, workshop, classes, and station-style instruction and will also have supervised practice time on each session. Skaters will also receive one-on-one instruction on an as needed basis from a member of our coaching team to ensure they're getting the best possible instruction and direction as they develop their skating skills.

Following Skate Canada's LONG TERM ATHLETE DEVELOPMENT Model, Academy is now a **minimum of two day/week program**. Please choose at least two of the three sessions listed below. If for any reason you are unable to do at least two sessions per week, please email admin@sackvilleskatingclub.com and we will accommodate you to the best of our ability.

<p>Friday 12 weeks \$435</p>	<p>6:05-7:20 pm Sackville Sports Stadium</p> <p>*Oct 2 is 6:20-7:35pm **Oct 9 is 5:50-7:05pm</p>	<p>Oct 2*, 9**, 16, 23, 30 Nov 6, 13, 20, 27 Dec 4, 11, 18</p>	<p>6:05-7:20 pm On Ice</p>
<p>Saturday 11 weeks \$335</p>	<p>5:40-6:55 pm Sackville Sports Stadium</p> <p>**Oct 3 & 10 is 5:25-6:40pm</p>	<p>Oct 3, 10**, 17, 24 Nov 7, 14, 21, 28 Dec 5, 12, 19</p> <p>No skating October 31</p>	<p>5:40-6:55 pm On Ice</p>
<p>Sunday 12 weeks \$285</p>	<p>3:50-4:55 pm Lebrun Arena</p>	<p>Oct 4, 11*, 18, 25 Nov 1, 8, 15, 22, 29 Dec 6, 13, 20</p>	<p>3:50-4:55 pm On Ice</p> <p>*Oct 4 & 11 are 4:35-5:40 pm</p>

Star: This session is for skaters who are working on Star 3 and 4 level tests AND with coach approval. Fees do not include private lessons.

<p>Monday 10 weeks \$250</p>	<p>6:40-7:55 pm Sackville Sports Stadium</p>	<p>Oct 5, 19, 26 Nov 2, 9, 16, 23, 30 Dec 7, 14</p> <p>No skating Oct 12</p>	<p>6:40-7:55 pm On Ice</p>
<p>Friday 12 weeks \$330</p>	<p>6:30-8:00pm Sackville Sports Stadium</p> <p>*Oct 2 is 6:45-8:15pm **Oct 9 is 6:15-7:45pm</p>	<p>Oct 2*, 9**, 16, 23, 30 Nov 6, 13, 20, 27 Dec 4, 11, 18</p>	<p>6:30-7:20 pm On Ice 7:20-7:30 pm FLOOD 7:30-8:00 pm On Ice</p>
<p>Sunday 12 weeks \$285</p>	<p>3:50-4:55 pm Lebrun Arena</p>	<p>Oct 4, 11*, 18, 25 Nov 1, 8, 15, 22, 29 Dec 6, 13, 20</p>	<p>3:50-4:55 pm On Ice</p> <p>*Oct 4 & 11 are 4:35-5:40 pm</p>

Please contact your base coach before registering for a session.

Elite: This session is for skaters who have passed the *complete* Star 5 FreeSkate test or above and/or age 13+. Fees do not include private lessons.

<p>Monday 10 weeks \$250</p>	<p>6:40-7:55 pm Sackville Sports Stadium</p>	<p>Oct 5, 19, 26 Nov 2, 9, 16, 23, 30 Dec 7,14</p> <p>No skating Oct 12</p>	<p>6:40-7:55 pm On Ice</p>
<p>Friday 12 weeks \$340</p>	<p>7:30-8:55 pm Sackville Sports Stadium</p> <p>*Oct 2 is 7:45-9:10pm **Oct 9 is 7:15-8:40pm</p>	<p>Oct 2*, 9**, 16, 23, 30 Nov 6, 13, 20, 27 Dec 4, 11, 18</p>	<p>7:30-8:55 pm On Ice</p>
<p>Sunday 12 weeks \$300</p>	<p>5:35-6:50 pm Lebrun Arena</p>	<p>Oct 4, 11*, 18, 25 Nov 1, 8, 15, 22, 29 Dec 6, 13, 20</p>	<p>5:35-6:50 pm On Ice</p> <p>*Oct 4 & 11 are 6:20-7:35pm</p>

Please contact your base coach before registering for a session.