



SKATE CANADA
SACKVILLE SKATING CLUB

Sackville Skating Club

Fall/Winter 2021-2022

Registration is online through <https://sackvillesc.uplifterinc.com/registration/>.

Skating families must stay up to date on current Nova Scotia COVID-19 restrictions (<https://novascotia.ca/coronavirus/restriction-updates/>) and follow these restrictions at all times to be permitted participation in club activities.

Daily pre-screening through google survey link must be submitted prior to every session. Link will be sent via email before the season starts and will also be posted on the club website home page.

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@sackvillesskatingclub.com prior to the start of the season. Skate-Up/Down requests must be submitted by coaches and will not be accepted if submitted by parents. 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.

Junior – This session is for skaters who:
• are working on Star 1 & 2
• and/or developing single jumps

Intermediate – This session is for skaters who:
• are working on Star 3 & 4
• and/or developing axel

Senior – This session is for skaters who :
• are working on Star 5+
• and/or landed axel and developing double jumps

All Junior, Intermediate, Senior skaters must have a base coach (chosen by the skater and their parent/guardian). Coaching fees are not included in session cost except for any whole group stroking or off-ice training provided with the session.

All registration must be completed online at www.sackvillesskatingclub.com
Registration, including payment, must be received before skaters are permitted on the ice.
• The \$43.65 Skate Canada fee (valid Sept 2021 to Aug 2022) 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@sackvillesskatingclub.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, coaches, volunteers, and parents must abide by Skate Canada’s Code of Ethics at all times.

SUNDAY	MONDAY	FRIDAY	SATURDAY
Oct 3, 10, 17, 24 Nov 7, 14, 28 Dec 5, 12, 19 Jan 2, 9, 16, 23, 30 Feb 6, 13, 20, Mar 6, 20, 27 No skating Oct 31 ; Nov 21 ; Feb 27 ; Mar 13	Sept 13, 20, 27 Oct 4, 18, 25 Nov 1, 8, 15, 22, 29 Dec 6, 13, 20 Jan 3, 10, 17, 24, 31 Feb 7, 14, 21 , 28 Mar 7, 21, 28 No skating Oct 11 ; Mar 14	Sept 3, 10, 17, 24 Oct 1, 15, 22, 29 Nov 5, 12, 19, 26 Dec 3, 10, 17 Jan 7, 14, 21, 28 Feb 4, 11, 18, 25 Mar 4, 11, 18, 25 No skating Oct 8	Sept 4, 11, 18, 25 Oct 2, 9, 16, 23, 30 Nov 6, 13, 27 Dec 4, 11, 18 Jan 8, 15, 22, 29 Feb 5, 12, 19, Mar 5, 19, 26 No skating Sept 25 (PA clinic) ; Nov 20 ; Feb 26; Mar 12
3:00-3:45pm Advanced CanSkate session 3:45-4:00 Power, Edge, Turns Class AC & Junior 4:10-4:35 AC Off ice training 3:00-3:30 pm Junior Off ice training 3:45-4:00 Power, Edge, Turns AC & Junior 4:10-5:10 pm Junior session 4:40-5:10 pm Intermediate/Senior Off ice training 5:20-5:35 Power, Edge, Turns Class Intermediate & Senior 5:35-6:50 Intermediate/Senior	5:05-5:10pm Set Up 5:10-5:50pm CanSkate 1 5:50-6:30pm CanSkate 2 6:40-7:55pm Intermediate/Senior *Sept 13, 20, 27, Feb 21 are Intermediate/Senior 6:05-7:55pm. NO CANSKATE	6:05-7:00pm Junior/Intermediate on ice 7:10-7:50pm Junior/Intermediate Off ice training 6:00-6:45pm Senior Off ice training 7:00-8:00pm Senior On ice 8:00pm-8:55pm Adult Synchro	4:05-4:10pm Set Up 4:10-4:50pm CS 1 4:50-5:30pm CS 2 & Advanced CanSkate 5:40-6:55pm OPEN session (Star 1+)
See pages 3-6 for StarSkate & Synchro level requirements and prices			

Junior: This session is for skaters who:

- are working on Star 1 & 2
- and/or developing single jumps

Skaters **MUST** have a base coach accompany them on sessions.
Please contact your base coach before registering for a session.

<p>Friday 27 weeks \$465.00</p>	<p>6:05-7:50 pm Sackville Sports Stadium</p>	<p>Sept 3, 10, 17, 24 Oct 1, 15, 22, 29 Nov 5, 12, 19, 26 Dec 3, 10, 17 Jan 7, 14, 21, 28 Feb 4, 11, 18, 25 Mar 4, 11, 18, 25</p> <p>No skating Oct 8</p>	<p>6:05-7:00 pm On Ice 7:10-7:50 pm Off Ice Training</p>
<p>Saturday 24 weeks \$500.00</p>	<p>5:40-6:55 pm *OPEN SESSION Sackville Sports Stadium</p> <p>*Open session is for skaters Star 1+.</p>	<p>Sept 4, 11, 18 Oct 2, 9, 16, 23, 30 Nov 6, 13, 27 Dec 4, 11, 18 Jan 8, 15, 22, 29 Feb 5, 12, 19 Mar 5, 19, 26</p> <p>No skating Sept 25 (PA clinic) ; Nov 20 ; Feb 26 ; Mar 12</p>	<p>5:40-6:55 pm On Ice</p>
<p>Sunday 21 weeks \$485.00</p>	<p>3:00-5:10 pm Lebrun Arena</p>	<p>Oct 3, 10, 17, 24 Nov 7, 14, 28 Dec 5, 12, 19 Jan 2, 9, 16, 23, 30 Feb 6, 13, 20, 27 Mar 6, 20, 27</p> <p>No skating Oct 31 ; Nov 21 ; Feb 27 ; Mar 13</p>	<p>3:00-3:30 pm Junior Off ice training 3:45-4:00 pm Power, Edge, Turns group class (Adv CanSkate & Junior) 4:00-4:10 pm FLOOD 4:10-5:10 pm Junior session</p>

Intermediate: This session is for skaters who:

- are working on Star 3 & 4
- and/or developing axel

Skaters MUST have a base coach accompany them on sessions.
Please contact your base coach before registering for a session.

<p>Monday 24 weeks \$570.00</p>	<p>*6:40-7:55 pm Sackville Sports Stadium</p>	<p>Sept 13, 20, 27 Oct 4, 18, 15 Nov 1, 8, 15, 22, 29 Dec 6, 13 Jan 3, 10, 17, 24, 31 Feb 7, 14, 21, 28 Mar 7, 21, 28</p> <p>No skating Oct 11 ; Mar 14</p>	<p>6:40-7:55 pm On Ice</p> <p>*Sept 13, 20, 27, Feb 21 are 6:05-7:55 pm</p>
<p>Friday 27 weeks \$465.00</p>	<p>6:05-7:50 pm Sackville Sports Stadium</p>	<p>Sept 3, 10, 17, 24 Oct 1, 15, 22, 29 Nov 5, 12, 19, 26 Dec 3, 10, 17 Jan 7, 14, 21, 28 Feb 4, 11, 18, 25 Mar 4, 11, 18, 25</p> <p>No skating Oct 8</p>	<p>6:05-7:00 pm On Ice 7:10-7:50 pm Off Ice Training</p>
<p>Saturday 24 weeks \$500.00</p>	<p>5:40-6:55 pm *OPEN SESSION Sackville Sports Stadium</p> <p>*Open session is for skaters Star 1+.</p>	<p>Sept 4, 11, 18 Oct 2, 9, 16, 23, 30 Nov 6, 13, 27 Dec 4, 11, 18 Jan 8, 15, 22, 29 Feb 5, 12, 19 Mar 5, 19, 26</p> <p>No skating Sept 25 (PA clinic) ; Nov 20 ; Feb 26 ; Mar 12</p>	<p>5:40-6:55 pm On Ice</p>
<p>Sunday 21 weeks 520.00</p>	<p>4:40-6:50 pm Lebrun Arena</p>	<p>Oct 3, 10, 17, 24 Nov 7, 14, 28 Dec 5, 12, 19 Jan 2, 9, 16, 23, 30 Feb 6, 13, 20, 27 Mar 6, 20, 27</p> <p>No skating Oct 31 ; Nov 21 ; Feb 27 ; Mar 13</p>	<p>4:40-5:10 pm Intermediate/Senior Off ice training 5:20-5:35 pm Power, Edge, Turns group class (Intermediate & Senior) 5:35-6:50 pm Intermediate/Senior session</p>

Senior: This session is for skaters who:

- are working on Star 5+
- and/or landed axel and developing double jumps

Skaters MUST have a base coach accompany them on sessions.
Please contact your base coach before registering for a session.

<p>Monday 24 weeks \$570.00</p>	<p>*6:40-7:55 pm Sackville Sports Stadium</p>	<p>Sept 13, 20, 27 Oct 4, 18, 15 Nov 1, 8, 15, 22, 29 Dec 6, 13 Jan 3, 10, 17, 24, 31 Feb 7, 14, 21, 28 Mar 7, 21, 28</p> <p>No skating Oct 11 ; Mar 14</p>	<p>6:40-7:55 pm On Ice</p> <p>*Sept 13, 20, 27, Feb 21 are 6:05-7:55 pm</p>
<p>Friday 27 weeks \$565.00</p>	<p>6:00-8:00 pm Sackville Sports Stadium</p>	<p>Sept 3, 10, 17, 24 Oct 1, 15, 22, 29 Nov 5, 12, 19, 26 Dec 3, 10, 17 Jan 7, 14, 21, 28 Feb 4, 11, 18, 25 Mar 4, 11, 18, 25</p> <p>No skating Oct 8</p>	<p>6:00-6:45 pm Senior Off ice training 7:00-8:00 pm On Ice</p>
<p>Saturday 24 weeks \$500.00</p>	<p>5:40-6:55 pm *OPEN SESSION Sackville Sports Stadium</p> <p>*Open session is for skaters Star 1+.</p>	<p>Sept 4, 11, 18 Oct 2, 9, 16, 23, 30 Nov 6, 13, 27 Dec 4, 11, 18 Jan 8, 15, 22, 29 Feb 5, 12, 19 Mar 5, 19, 26</p> <p>No skating Sept 25 (PA clinic) ; Nov 20 ; Feb 26 ; Mar 12</p>	<p>5:40-6:55 pm On Ice</p>
<p>Sunday 21 weeks 520.00</p>	<p>4:40-6:50 pm Lebrun Arena</p>	<p>Oct 3, 10, 17, 24 Nov 7, 14, 28 Dec 5, 12, 19 Jan 2, 9, 16, 23, 30 Feb 6, 13, 20, 27 Mar 6, 20, 27</p> <p>No skating Oct 31 ; Nov 21 ; Feb 27 ; Mar 13</p>	<p>4:40-5:10 pm Intermediate/Senior Off ice training 5:20-5:35 pm Power, Edge, Turns group class (Intermediate & Senior) 5:35-6:50 pm Intermediate/Senior session</p>

Adult Synchronized Skating: This session is for skaters who:

- Age 18+
- interested in synchronized skating (no prior synchro experience required)

<p>Friday 27 weeks \$520.00</p>	<p>8:00-8:55 pm Sackville Sports Stadium</p>	<p>Sept 3, 10, 17, 24 Oct 1, 15, 22, 29 Nov 5, 12, 19, 26 Dec 3, 10, 17 Jan 7, 14, 21, 28 Feb 4, 11, 18, 25 Mar 4, 11, 18, 25</p> <p>No skating Oct 8</p>	<p>8:00-8:55 pm On ice</p>
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