

SSC SUMMER 2021 SKATING BROCHURE

As of June 28, 2021

Registration will open **Tuesday June 29, 2021 at 12:00pm (noon)**. Registration will close July 4, 2021 at 12:00pm (noon).

On ice fees for whole program users is \$22/hour. On ice fees for session buy in is \$25/hr. Session costs will also include off ice fees when applicable, at a rate of \$2 per skater per off ice class. Off ice helps reinforce skills learned on ice and creates a well-rounded athlete. Skaters are expected to participate in both on and off ice training.

Priority will be as follows:

1. SSC skaters purchasing full program
2. Non-club skaters purchasing full program
3. SSC and non-club skater looking to buy into* a session, pending space

*Buy in request must be sent to admin@sackvilleskatingclub.com by 9pm on Sunday of the week of the buy in session of interest.

We reserve the right to move skaters onto different sessions to balance sessions. You will receive email notice if you are asked to switch sessions.

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

TUESDAY	WEDNESDAY	THURSDAY
July 6, 13, 20, 27 August 3, 10, 17, 24, 31 9 weeks	July 7, 14, 21, 28 August 4, 11, 18, 25 8 weeks	July 8, 15, 22, 29 August 5, 12, 19, 26 8 weeks
<p>5:05-5:50pm Advanced CanSkate ON ICE</p> <p>6:05-6:30pm Advanced CanSkate OFF ICE TRAINING</p> <p>5:50-6:50pm Junior ON ICE</p> <p>7:05-7:35pm Junior OFF ICE TRAINING</p> <p>6:00-6:35pm Intermediate/Senior OFF ICE TRAINING</p> <p>6:50-7:55pm Intermediate/Senior ON ICE</p>	<p>9:05-10:00am Open session 1</p> <p>10:00-10:55am Open session 2</p>	<p>5:05-6:20pm Junior ON ICE</p> <p>6:35-7:10pm Junior OFF ICE TRAINING</p> <p>5:40-6:15pm Intermediate/Senior OFF ICE TRAINING</p> <p>6:30-7:55pm Intermediate/Senior ON ICE</p>

See pages 3,4,5 for level requirements and pricing

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.

BEFORE GETTING ON ICE:

1. Pre-screening (via google form) must be submitted prior to each session
2. Arrive at the rink "ice ready" (in skating attire and skates on if possible)
3. Follow facility and club guidelines at all times. Maintain distance of 2m (6 feet) from other individuals when in the facility.

<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. Skate-Up/Down requests must be submitted by coaches and will not be accepted if submitted by parents.</p>		
<p>Junior – This session is for skaters who:</p> <ul style="list-style-type: none"> • are working on Star 1 & 2 • and/or developing single jumps 	<p>Intermediate – This session is for skaters who:</p> <ul style="list-style-type: none"> • are working on Star 3 & 4 • and/or developing axel 	<p>Senior – This session is for skaters who:</p> <ul style="list-style-type: none"> • are working on Star 5+ • and/or landed axel and developing double jumps
<p>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.</p>		
<p>All registration must be completed online at https://sackvillesc.uplifterinc.com/ Registration, including payment, must be received before skaters are permitted on the ice.</p> <ul style="list-style-type: none"> • 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 and opt into all communications from the club. • All skaters, coaches, volunteers, and parents must abide by Skate Canada’s Code of Ethics at all times. 		

Advanced CanSkate: Stages 4-6 of CanSkate (by invitation) with small group sizes and a focus on stronger skating skills and figure skating specific skills. Our Advanced CanSkate program gives skaters the opportunity to continue working towards achieving the skills outlined in the CanSkate program but in more of a challenging 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.

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

<p>Tuesday 9 weeks \$200</p>	<p>Sackville Sports Stadium</p>	<p>July 6, 13, 20, 27 August 3, 10, 17, 24, 31</p>	<p>5:05-5:50pm Advanced CanSkate ON ICE 6:05-6:30pm Advanced CanSkate OFF ICE TRAINING</p>
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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>Tuesday 9 weeks \$215</p>	<p>Sackville Sports Stadium</p>	<p>July 6, 13, 20, 27 August 3, 10, 17, 24, 31</p>	<p>5:50-6:50pm Junior ON ICE 7:05-7:35pm Junior OFF ICE TRAINING</p>
<p>Wednesday 8 weeks \$160 per session</p>	<p>Sackville Sports Stadium</p> <p>*Open session is for any skaters Star 1+.</p>	<p>July 7, 14, 21, 28 August 4, 11, 18, 25</p>	<p>*OPEN SESSION #1 9:05-10:00am ON ICE</p>
			<p>*OPEN SESSION #2 10:00-10:55am ON ICE</p>
<p>Thursday 8 weeks \$235</p>	<p>Sackville Sports Stadium</p>	<p>July 8, 15, 22, 29 August 5, 12, 19, 26</p>	<p>5:05-6:20pm Junior ON ICE 6:35-7:10pm Junior OFF ICE TRAINING</p>

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

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

<p>Tuesday 9 weeks \$230</p>	<p>Sackville Sports Stadium</p>	<p>July 6, 13, 20, 27 August 3, 10, 17, 24, 31</p>	<p>6:00-6:35pm Intermediate/Senior OFF ICE TRAINING 6:50-7:55pm Intermediate/Senior ON ICE</p>
<p>Wednesday 8 weeks \$160 per session</p>	<p>Sackville Sports Stadium</p> <p>*Open session is for any skaters Star 1+.</p>	<p>July 7, 14, 21, 28 August 4, 11, 18, 25</p>	<p>*OPEN SESSION #1 9:05-10:00am ON ICE</p>
			<p>*OPEN SESSION #2 10:00-10:55am ON ICE</p>
<p>Thursday 8 weeks \$265</p>	<p>Sackville Sports Stadium</p>	<p>July 8, 15, 22, 29 August 5, 12, 19, 26</p>	<p>5:40-6:15pm Intermediate/Senior OFF ICE TRAINING 6:30-7:55pm Intermediate/Senior ON ICE</p>