

Peterborough Figure Skating Club 2018-2019 Skaters Handbook



Welcome to the 2018-2019 Fall/Winter Session of the PFSC. Please read through and follow the procedures enclosed for a successful and fun filled year of skating! If you have any questions, please email or speak to a board member and they will be happy to assist.

Follow us at www.peterboroughfsc.ca

Twitter: @PeterboroughFSC

Facebook: Peterborough Figure Skating Club

Instagram: Peterborough_fsc

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WELCOME

Welcome to the Peterborough Figure Skating Club. Founded in 1947, we have been serving the community for 70 years. We have offered various programs, hosted many wonderful events, shows and competitions and helped many young people get their start in skating. We are fortunate enough to work closely with the City of Peterborough Recreation Division and the Arenas staff who we share our space with. We have an amazing group of professional Skate Canada certified and trained coaches who show ongoing dedication to our club. And we are fully run by parent and community volunteers who give of their time to share the passion of skating.

MISSION STATEMENT

The Peterborough Skating Club is a non-profit organization, sanctioned by Skate Canada dedicated to providing an inclusive community offering various programs for community members to engage in skating for sport, enjoyment or development according to the Long Term Athletic Model of Skate Canada.

The mandate of the PFSC is to:

- provide a positive, safe, nurturing and encouraging environment for skaters to explore their skills in all aspects of skating
- act as a responsible member of the Skate Canada community following its guidelines in regards to Skater development, coach expectations and club operations
- Enable community members to become life-long athletes and foster good sportsmanship

President – Tara Paul

Vice-President- Erica Diamond/Stacey Pemberton

Treasurer- Kim Morello

Secretary- Lori Heffernan

Coaches Representative- vacant

Test Chair – Angela Simmons

Synchronized Skating Chair- Lynn Raycroft-Little

Director – Debbie Orr

Director – Richard Orr

Director – Nicole Cartwright

PFSC VOLUNTEERS

Our club is run entirely by parent volunteers and community members dedicated to the sport of skating. Many were past skaters who grew up in the community attending skating lessons with our club. Parent volunteers are vital to the success of your club and there are many ways for you to get involved. Music volunteers monitor the playing of songs during sessions. Our newsletters, social media and communication of information is all passed through volunteers in various formats. There are also opportunities for parents to help host skate/dress sales, fundraisers, pizza nights and other events as you see a need or an interest. If you can be of any help or have a great idea, please contact a board member to share it!

COMMUNICATION

PFSC is a proud social media contributor and will soon have a new and updated website for parents and members to keep up to date. We also have a Facebook page, Twitter and Instagram account. There is a newsletter that is available most months of the year at the rink and online. We also host a Facebook group called PFSC Buy and Sell where members can post photos and prices of skating items they have for sale. Our calendar is posted on the website and in the display case just inside the arena doors with an updated monthly calendar. Please check the calendar and social media sites for any time, date, or location changes.

PFSC CODE OF CONDUCT

SKATE CANADA IS COMMITTED TO ENSURING THAT ALL SKATERS HAVE THE OPPORTUNITY TO PARTICIPATE IN A SAFE AND WELCOMING ENVIRONMENT THAT IS ENCOURAGING AND PROMOTES THEIR OVERALL DEVELOPMENT. PARENTS HAVE AN ENORMOUS INFLUENCE ON SKATERS EXPERIENCES IN THE SPORT. THE QUALITY OF A SKATERS EXPERIENCE IS DETERMINED BY THEIR RELATIONSHIPS WITH THEIR PARENTS AND THE MANNER IN WHICH PARENTS CONDUCT THEMSELVES IN THE SKATE CANADA ENVIRONMENT.

In this code “parents” shall refer to “parents and guardians”. This code applies to all parents who are members of Skate Canada or have children who are members of Skate Canada. Parents shall abide by this code at all times while participating in any Skate Canada club or school, competition, or activity.

All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication and mutual respect. Parents shall always model positive responsible behaviour and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their son/daughter's on ice conduct and attitude. Parents shall at all times treat all individuals and property with dignity, courtesy and respect, including but not limited to skaters, coaches, officials, volunteers, other parents, and all other individuals that are part of the club, skating school, Section or Skate Canada.

- Parents shall refrain from any behaviour or comments which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence.
- Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork to their son/daughter offering praise for competing fairly, participation and skill development.
- Parents shall model and encourage their son/daughter to maintain a healthy balance between skating and life. (e.g., school, other activities, social life, etc.)
- Parents shall model and encourage balanced, healthy food choices and subscribing to an active and healthy lifestyle.
- Parents shall set high, but reasonable expectations for their son/daughter's participation in skating focusing on development and enjoyment for the child.
- Parents shall instill confidence in their son/daughter's ability and skill development, always avoiding comparisons with other skaters.
- Parents shall celebrate the acquisition of skills and goals achieved by their son/daughter.
- Parents, along with the professional coach and the athlete, shall be considered members of a team whose main concern is the child's overall progress and development. Parents shall respect that the professional coach is responsible and empowered for the on-ice and off-ice development of the athlete. A parent's role shall be to take a healthy interest in their child's progress and development and be responsible for the child's nutrition, rest, adherence to off-ice training regimen set by the coach or other fitness professional, overall health, life-balance, and moral and emotional support.
- Parents shall ensure their son/daughter wears proper skating clothing and equipment.
- Parents shall never provide alcohol or drugs to minors in a Skate Canada environment.

- Parents shall never provide or advocate the use of performance enhancing drugs or substances.
- Parents shall avoid any conduct, which brings their club, skating school, Section or Skate Canada, into disrepute, including but not limited to abusive use of alcohol, non-medical use of drugs and gambling.
- Parents shall openly support and uphold this code of conduct policy and take action and steps to ensure other parents follow and uphold this code of conduct policy.
- Parents shall adhere to the policies, procedures, rules, standards, and ethics of Skate Canada at all times.

PFSC SKATER CODE OF CONDUCT

Skaters need to follow these rules to make sure their time on and off the ice is an enjoyable and safe experience for all. Please see the list below:

- Safety is our first priority- keep your head up and watch for other skaters
- Skaters performing to their music or working with coaches have the right of way on the ice
- If you fall, get up right away – it is dangerous to sit on the ice. If you do fall, try to land on your bottom and away from the boards to prevent injury
- Dress properly (skating dress or tights, sweater, gloves are a must) – no jeans or hats- Hair must be pulled back from the face (ponytail, braid or bun)
- Bring your own reusable water bottle which can be refilled at the refilling station
- Ask your coach before leaving the ice so they know where you are. Before coming on the ice, use the bathroom and have everything you need (water, sweater, gloves)
- If you need to rest, sit down in the box for a few minutes
- Refrain from standing at the boards for long periods of time
- Absolutely no gum, candy, cell phones, or ipods are allowed on the ice. Coaches may record a skater from the boards for video playback using a device.
- Be on time for your lessons as it may hold others up for their lessons
- Inform your coach if you will be away or ill so they can reschedule your lesson
- Make the most of your ice time by trying new things, testing your programs or working on skills. Ask politely if you would like your music played.
- Remember to say thank you to your coaches, music helper and others who support you (your parents too!)
- In the dressing room, and on the ice, use appropriate language and conversations. Be aware of your audience and who is listening. Act professionally.
- Have fun and celebrate all that you learn each session!

SAFETY POLICIES AND ICE AWARENESS

To ensure skaters, and coaches are safe while on the ice, all are expected to follow the codes of conduct and especially remember who has priority on the ice. Skaters who have requested their music and have been announced have the right of way during their music. At other times, skaters working in a lesson with coaches have the right of way. It is common courtesy to inform other skaters that you are following through with a jump by saying “excuse me” or to make sure you are aware when another skater is practicing a movement and get out of their way. In case of injury, there is a first aid kit in the pink tote in the music booth at each session. Coaches are also trained in first aid should an injury occur. Skaters are not permitted on the ice without a coach present and should also remove themselves promptly when a session ends. It is also strongly recommended that a parent remains at the arena during the session in case of an emergency.

CITY OF PETERBOROUGH ARENA POLICIES

The City of Peterborough requires certain conditions to be met by arena users. Children should be supervised at all times and are not permitted to run or scream in the halls. Ball hockey or stick handling in the halls is also discouraged. Skaters are encouraged to use the public bathrooms in the main hall rather than in the shared dressing rooms. Please also refrain from taking photographs in the dressing rooms. Please check the board for assigned dressing rooms for each session.

OUR COACHES

All PFSC coaches are fully certified and trained by Skate Canada. Many use their off-ice time to continue their own personal development with online and in person seminars and coaching clinics. They also have a professional learning network sharing new ideas and resources throughout the clubs. These are our 2018-2019 PFSC coaches:

Club Coaches	Associate Coaches	Synchro Coaches
Cindy Mein-Moloney Lori Atkins Diane Sargent Kim Wilson Dawn Cumby-Dallin Kortney Morello Jodi Landriault Emma Atter	Brigitte Mackey Celina Kosmala Kyle Stickwood	Jessica Pritchard* (Also Club Coach) Erin Kent Val Kent

Choosing a Coach

During the early years of skating, in our PreCanSkate, CanSkate and CanSkate Advanced programs, our club coaches share in the development of our skaters by teaching in groups. After earning their CanSkate stage 4 badge, you may want to start to consider some private or semi-private lessons with any of our coaches. When considering hiring a coach start by looking at our coaches' biographies on our website, this will give you some insight into what levels they teach and disciplines (dance, freeskate, skills) and gives you a starting point to contact coaches that you feel fits the needs of your child. One of the most important things to consider when choosing a coach is to ask your skater who they like to work with and consider what qualities in a teacher will best suit your child. You will choose one coach to be your primary coach who will guide your child as they develop at their own pace and in their own time. Other coaches may be brought in to work on skills, freeskate or dance depending on availability or skill. Your primary coach will advise the best fit for your child. It is essential that communication is strong between you and your coach so that you can fully aid your skater in developing according to their unique personalities and abilities. Our coaches often also bring in our consultants to offer advice or specialized training. For dances, some coaches will partner your child or will bring in a partner to work with your skater and to partner them on test days. Coaches set their own fees according to their experience and expertise and bill parents directly for private and group lessons. The number of lessons a week your child will need is decided between you and the coach. If you are at all concerned or confused, just ask your coach about anything! They are very knowledgeable and professional!

PROGRAM ASSISTANTS (PA'S)

Program Assistants are skaters who are currently working in our StarSkate programs and are the age of 10 or older. Skaters are invited to become Program Assistants for our younger skaters on the PreCanSkate and CanSkate sessions. Program Assistants will be invited to a training session to become informed of what roles they may take on and will be required to help at all sessions with our younger skaters. If they cannot attend they must inform the CanSkate coordinator so a suitable replacement can be found. High school students needing Community Service hours are welcome to join as well. PA's are an integral part of Canskate program and helping guide our younger skaters. Being a program assistant may also help along the pathway of becoming a coach one day.

SKATE EXCHANGE AND CLUB CLOTHING

Besides our Facebook Peterborough Figure Skating Buy and Sell page, we also have a number of items in our office for sale including dresses, and skates. We do try to hold an exchange dependent on the interest and volunteer assistance. Club wear is sold at the beginning of the season and before the Holidays in November.

SPECIAL EVENTS

PFSC hosts fun treat nights each season and a number of theme nights. Be sure to check our calendar online and in our information box at the west end doors to the arena.

CANSKATE PROGRAMS

The CanSkate program is the best way for children to learn the basics of skating whether they progress into figure skating, hockey or ringette. Skaters must have a CSA approved helmet with or without a face mask and is required until skaters have passed stage 5. Skaters may also choose to use either hockey or figure skates on these sessions. Warm clothing is recommended as are low pile mitts to keep their hands protected.

PRECANSKATE

Our PreCanSkate programs are recommended for children age 3 and up who are steady on their feet and ready to have fun! The focus for PreCanSkate is balance and moving forward and backward.

I can...

- Balance on 2 feet
- Fall down and get up
- Move forward
- Move backward
- March around the spot
- Make snow
- Jump on the spot
- 2-foot twist on the spot

CANSKATE

Once skaters have the basics, they can then move on to our CanSkate program which has 6 stages and 3 fundamental areas (see chart below). The three fundamentals are Agility, Balance and Control. Skaters can move across the stages vertically, achieving ribbons before completing badges. This is a normal progression through the different areas as skaters grow and develop. Once a skater has achieved all three ribbons (Agility, Balance and Control) on a stage they will receive their badge for that stage. At PFSC, our CanSkate program is broken into two sessions, CanSkate for stages 1-3 and IntroStar for stages 4-6.

	Stage 1	Stage 2	Stage 3
Balance	• Fall down & get up	• Fwd 2-ft sculling	• Fwd stationary blade push
	• Fwd push/glide sequence	• Fwd 2-ft to 1-ft glide	• Fwd 2-ft slalom
	• Fwd 2-ft glide	• Fwd push/glide sequence	• Fwd circle thrusts
		• Fwd 1-ft glide with speed	• Walking crosscuts
Control	• Snow slide steps	• Fwd stop	• Fwd stop with speed
	• Bwd 2-ft skating/walking	• Bwd 2-ft sit glide	• Bwd 2-ft sculling
	• Bwd 2-ft glide	• Bwd 2-ft to 1-ft glide	• Bwd 2-ft to 1-ft glide
		• Bwd push/glide sequence	• Bwd push/glide sequence
			• Bwd 1-ft glide
Agility	• 2-ft turn	• Fwd 2-ft turn	• Fwd 2-ft quick turn
	• 2-ft jump	• Bwd 2-ft turn	• Bwd 2-ft quick turn
	• Fwd skating perimeter of ice	• Fwd 180° glide turn	• Fwd 360° step turn
		• Fwd 2-ft jump	• Bwd 2-ft jump
		• Fast fwd perimeter skating	

CANSKATE ADVANCED

Our CanSkate Advanced program covers Stages 4-6 of the CanSkate program and are more intimate with smaller groups and focused lessons. After achieving Stage 5, skaters are able to remove their helmet. They still follows the group lesson format but also allows for some practice time so skaters can work on developing skills they previously learned. Once skaters have completed stage 4, they may want to look into some private or semi private lessons with a certified coach.

	Stage 4	Stage 5	Stage 6
Balance	• Fwd crosscuts	• Fwd crosscuts Figure-8	• Fwd power crosscuts
	• Fwd Inside slalom	• Forward Inside edges	• Fwd perimeter skating with crosscuts
	• Fwd Outside slalom	• Fwd push/glide sequence	• Forward Outside edges
	• Fwd drag	• Fwd perimeter skating with jumps	• Fwd 1-ft slalom
	• Fwd spiral	• Inside spread eagle	• Fwd shoot the duck
	• Drop-down drill	• Fwd 1-ft slalom	• Fwd perimeter skating with side stops
	• Fwd "v" start	• Running lateral crossovers	• Fwd spiral on a curve • Fwd "crossover" acceleration
Control	• Bwd stop	• Fwd 2-ft side stop	• Fwd 1-ft side stop
	• Bwd circle thrusts	• Bwd stop with speed	• Fwd 2-ft side stop with speed
	• Bwd 2-ft slalom	• Bwd crosscuts	• Bwd outside Slalom
	• Bwd 1-ft glide with speed	• Bwd Inside slalom	• Bwd crosscuts figure-8
	• Fwd 1-ft glide from blue line to blue line	• Bwd push/glide sequence	• Bwd perimeter skating with crosscuts
	• Speed drill #1	• Bwd spiral	• Bwd 1-ft slalom
		• Speed drill #2	• Bwd 1-ft spin • Speed drill #3
Agility	• Fwd 1-ft turn	• Fwd 1-ft turn	• Fwd 180° step turn (FI mohawk)
	• Bwd 360° step turn	• Fwd 360° glide turn	• Bwd 180° step turn (BO or BI mohawk)
	• Fwd to bwd 2-ft jump	• Fwd to bwd 1-ft jump	• 2-ft multi turns
	• Bwd to fwd 2-ft jump	• Fwd power jump	• Rotating power jump
	• 2-ft spin	• 1-ft spin	• Bwd toe-assisted jump
	• 2-ft sit spin	• Alternating foot spin	• Bwd 360° 2-ft jump
		• Fwd tight glide turns	• Fwd 1-ft spin with spiraling edge • Fwd 2-ft reverse pivot jump

STARSKATE 1-5

In 2016-17, PFSC implemented the new Star1 -5 program at our club with much success. Skaters are following new guidelines from Skate Canada that includes group lessons in skills, freeskate and dance. During weekly sessions, skaters work in small groups on similar levels with coaches in lessons. Parents are billed monthly for these lessons by individual coaches and pay the coach directly. Skaters are tested on the session by their own coaches when the coaches feel they are ready. Testing is done on session so skaters feel less pressure having to perform in front of a judge. The LTAD model indicates that skaters at this age are not ready for this type of performance and have adjusted programming accordingly. Please see the new Star Program below.



Overview STAR 1-5 Test Content				
	SKILLS	FREESKATE		DANCE
	Elements	Elements	Program	Elements/Pattern Dance
STAR 1	Fwd edges Fwd 3-turns FI-MoH turn sequence STAR 1 stroking (basic) Fwd spiral circles Choice of Field Move: (Fwd 1 ft sit glide, inside spread eagle or Ina Bauer)	Waltz jump Single salchow Single toe loop Fwd upright spin Bwd upright spin	No program	Fwd progressives Fwd chasses Fwd swing rolls Fwd slide chasses Fwd outside cross rolls
STAR 2	Bwd edges Bwd 3 turns Fwd circle on circle 2ft to 1 foot multi turns FO turn sequence	Single salchow Single loop Single flip Waltz/toe loop combo Fwd sit spin Change foot upright spin Fwd camel spin	STAR 2 Program	STAR 2a: Dutch Waltz STAR 2b: Canasta Tango
STAR 3	STAR 3 stroking (power) Fwd spiral circles Choice of Field Move: (Bwd 1 ft sit glide, spread eagle, Y-spiral or Ina Bauer)	Single flip Single lutz Single loop/loop combination Bwd upright spin Bwd sit spin Fwd camel/sit spin	STAR 3 Program	STAR 3a: Baby Blues STAR 3b: Bwd progressives Bwd chasses Bwd swing rolls Fwd inside open mohawk x-roll/x-behind Fwd 3-turn/BO edge
STAR 4	Fwd brackets Bwd brackets Fwd double threes Bwd circle on circle Fwd change of edge	Single lutz jump Single axel Single flip/toe loop combo Single loop/loop combo Bwd camel spin Change foot sit spin Flying camel or sit spin Fwd combination spin (change of foot optional)	STAR 4 Program *MUST attempt axel	STAR 4a: Swing Dance STAR 4b: Fiesta Tango
STAR 5	STAR 5 Stroking 1 (quick edges) STAR 5 Stroking 2 (bwd slalom) Spiral Sequence	Single axel Any double jump (2S – 2Lz) Single lutz/Toe Loop combo Spin in 1 position with any variation Sit or camel spin (entry optional) Combination spin (change of foot optional)	STAR 5 Program *MUST land axel at < or better	STAR 5a: Willow Waltz (M & F) STAR 5b: LFO open Mohawk Double knee bend Fwd progressive/swing roll Bwd progressive/swing roll Tenfox progressive LFO x-behind chasse Bwd rolls Fwd x-roll/3-turn Fwd x-rolls



STARSKATE 6-10/ELITE

Skaters who have achieved their complete Junior Bronze Freeskate or completed the Star 5 freeskate are ready for our Elite level. Skate Canada is currently developing the criteria for Star 6-10 which covers Senior Bronze to Gold level tests. This will be implemented in the near future. Skaters at this level begin to develop their own programs to music agreed upon by their coaches. They are continuing to develop their jumps, spins, skills and dance, as well as their artistic expression, speed and flexibility. Skaters may continue to compete at this level or continue working toward test achievements, testing takes place at High Test Days held either at our club or another club.

GUEST SKATING

Skaters are permitted to guest skate on sessions they have not registered for if there is availability and space on the ice. Coaches must request guest skating at least 24 hours in advance and will communicate to parents if there are spots available. We try to keep our session numbers low for safety. Guest skating fees for 2017-2018 are \$15.00 for club members and \$20.00 for non-members. We do allow guest coaches as well but they must be sanctioned by Skate Canada and have current registration. We have a Guest Coach contract that must be signed prior to stepping on the ice.

OFF-SESSION LESSONS

Skate Canada strongly recommends that skaters have off-ice training alongside their ice development. At this time, we are not permitted to use the Memorial Centre for off-ice sessions but we strongly encourage skaters to do recommended warm ups and training at home or at another venue in consultation with their coach.

TEST DAYS -PROCEDURES

PRECANSKATE/CANSKATE/CanSkate Advanced- Skaters on these sessions are assessed regularly by coaches during sessions. Report Cards are handed out at the end of the Fall session in December and at the end of the Winter session in March. Skaters are awarded badges and ribbons to celebrate their progress.

STAR 1-5 – As per Skate Canada rules, the Star 1-5 programs are to be fully implemented in all clubs for the 2017-2018 year. Skaters at this level work in small groups on skills, freeskate and dance by 1-3 coaches. As they progress, coaches will inform parents when they feel the skater is ready to test according to the Star 1-5 guidelines. Skaters will be told which day they will be tested on session. The cost of each test is \$12 and must be remitted to the coach. At the end of the session, the skater will receive a report of how they performed on the test and the result. At the end of each month, coaches will submit the results and monies to our Test Chair who will then submit the results to Skate Canada through their website. Parents are able to access their skaters' results by signing up with their skaters' Skate Canada number.

STAR 6-10/ELITE- To achieve success at these levels, skaters will work on session with their private coaches and practice dances, skills and freeskate/solo's and interpretives using music agreed upon between the coach and the skater. Skaters are encouraged to take notes of their routines and practice off- ice as well. When a coach feels their skater is ready to test, they will submit the skater's name and which test they are trying to the Test Chair a month before a High Test Day. If they feel their skater is not ready, they can pull the test 2-3 weeks before. Test Days for this year will be held in Norwood on December 2 and March 24. There may be an additional one scheduled if needed. Skaters will need to arrive to the arena an hour before their test and check in with their music. They will also pay their fees at this time which can vary according to the test they are attempting. This money is not refunded if they are not successful. Additional fees may apply for coaching or partnering as well. Please speak to your coach regarding this. They should be dressed in formal skating attire and have their hair up. Skaters are given a warm up before attempting their number in front of a Skate Ontario assigned judge. Skaters should not leave the ice if they falter but may be allowed to restart. Once the music starts they begin their routine. When the music ends the test is complete and the skater leaves the ice. They must then wait until the test day partners give the results from the judge to their coach indicating if they passed or must retry. Dependent on the test, a skater must attain a certain number of elements to pass. If they are asked to retry they will return the next test day to try the test again. If they are successful, their coach will direct them to start working on the next skill or element.

REFUND POLICIES

PFSC reserves the right to only award a refund if a skater is injured or sick and has provided a note from a medical doctor. Please consult the Board of Directors if you have any questions.

SYNCHRONIZED SKATING

Our Synchronized Skating Committee is run by a dedicated group of volunteers who oversee our Adult 1 Diamond Blades and Adult 3 Platinum Blades teams as they practice Sunday nights at the Memorial Centre. Each team competes at three or four different competitions throughout Ontario. If you are interested please contact a board member and we can put you in touch!

SCHEDULES FOR 2017-2018

MONDAYS

6:10-7:00 p.m. - Star 1-4
7:00-7:55 p.m. - Star 5-10/Elite A
8:05-9:00 p.m. – Star 5-10/Elite B

TUESDAYS - TICKET Ice 7:00-8:00 a.m. cost \$15.00 per session

WEDNESDAYS

6:10-6:55 p.m.- CanSkate and PreCanSkate
7:05-7:55 p.m.- CanSkate Advanced group lessons
7:05-8:00 p.m.- Star 1-4
8:00-9:00 p.m. – Star5-10/Elite

FRIDAYS

6:10-6:40 p.m. -PreCanSkate/CanSkate
6:40-7:45 p.m. – CanSkate Advanced/Star1-4
7:55-9:00 pm. – Star4-10/Elite

SUNDAYS

6:00-9:00 p.m. –Synchronized Skating Practice

WEBSITES & RESOURCES

www.skatecanada.ca

www.skateontario.ca

www.peterboroughfsc.ca

