



2022 – 2023

Skating Sessions at Pat Stapleton Arena
Sept. 25, 2022 to April 1, 2023

PreCanSkate, CanSkate &
Advanced CanSkate Programs
STAR 1 – GOLD Sessions
Power Skating

“Dedicated to the healthy development of
Children, Youth and Adults
through participation in Skating.”

Carnival 2023 Our 75th Annual Ice Show Saturday, April 1, 2023

We need many volunteers to help with dressing
rooms, set-up, tear-down, etc. A great opportunity
to help your club put on a great show & help your
club really enjoy the finale of the skating season.

For registration inquiries, please contact:
skatesarniaregistrar@gmail.com

www.skatesarnia.net
Facebook: Skate Sarnia

TERMS AND CONDITIONS

PAYMENTS: e-Transfer (preferred option), **Cheque**, or **Credit Card**.

At least 50% is to be paid upon registration with the
balance paid by cheque dated Nov. 15 & attached to
registration. All fees must be paid in full prior to tests,
competitions and carnival.

A Family Discount is available for a family with 3 or more
skaters. Discount determined at registration.

\$30 service fee charged on NSF cheques. Anyone with 2
NSF cheques must pay by e-Transfer or cash only.

All past due accounts must be paid prior to new season
registration. Partial fee payment is not an option for skaters
with an overdue account.

CANCELLATION & REFUND POLICY:

Refunds will only be given during **first 3 weeks** of your
skating session. A \$90 fee will be withheld. Refund
requests must be submitted in writing to the Club
Treasurer. skatesarniatreasurer@gmail.com

SKATE CANADA PRIVACY POLICY

Skate Canada requires clubs to include the Notice of
Collection Statement on their registration forms. Skate
Sarnia uses the personal information collected on the
registration form in order to:

- Contact skater/parent re: Club activities or events
- Arrange for appropriate costumes for the carnival
- Register the skater with Skate Canada

Personal information collected on the form includes:

- Skater Name, sex, birth date
- Parent/Guardian Name, address, phone number,
email address

The Skate Canada Privacy Policy is intended to ensure
your personal information is used only for its intended
purpose, accessible only on a need-to-know basis, and not
disclosed without authorization nor used for personal gain.
All Skate Sarnia Board Members and Professional
Coaches are required to sign and abide by the Skate
Canada Privacy Policy as a condition of being on the
Board or employed as a coach. If you have any questions
or concerns about the policy or how your personal
information is used, please contact the club President.

CANSKATE PROGRAMS

CanSkate is a learn-to-skate program focused on fun,
participation & basic skill development needed to take part
in any skating sport. It's offered in three ability-based
programs. Skaters may progress to the next level during
the season through regular on-session testing. Awards &
incentives help encourage skaters. Professional Coaches
aided by trained Program Assistants teach the programs.

PRECANSKATE

Typically geared to pre-school children with little or no
skating experience, this program is focussed on fun &
participation in age appropriate activities.

\$335 One session/week: Sunday at 1:30 or 3:30

CANSKATE

Geared towards skaters with previous skating experience
– must be able to fall down, get up and skate forward with
little assistance. Skaters are grouped according to ability to
develop basic skating skills for CanSkate Stages 1 to 3.

\$415 One session/week: either day, Sun/Wed
\$595 Two sessions/week: both days

ADVANCED CANSKATE

For experienced skaters above CanSkate Stage 3 who
progress to Stage 6 as they develop higher skating skills.

\$415 One session/week: either day, Sun/Tues
\$595 Two sessions/week: both days

STAR 1 – GOLD SESSIONS

These sessions offer opportunities to develop stronger
figure skating skills in ice dance, free skate & interpretive
skate. Our Professional Coaches offer instruction in group
&/or private lessons. Skaters have the opportunity to take
nationally standardized Skate Canada tests.

Skaters must have CanSkate Stage 6 & a Professional
Coach. Skaters should discuss with their coach what ice
sessions they should register for, based on the skater's
ability & objectives.

Level "A" sessions: STAR 3 - GOLD

Level "B" sessions: STAR 1 – 3

STAR 1 – Gold registration fees do not include coaching
fees. The registration fee is based on the number of STAR
Ice sessions purchased.

BOARD OF DIRECTORS

Our Board of Directors are all volunteers who have had
many years of experience with Skate Sarnia, as skaters or
parents of skaters and as volunteers. We strive to do our
best in providing programs & coaching staff that meet the
needs of our skaters. Our email address for the Board is:

skatesarnia.boardofdirectors@gmail.com

WEEKLY ICE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STAR A 10:45 – 12:00	Power 6:10 – 7:00	STAR A 3:00 – 4:15	STAR B 4:00 – 5:15	STAR A 3:00 – 4:15	Power 5:10 – 6:00
STAR B 12:00 – 1:15		STAR B 4:00 – 5:15	STAR A 5:00 – 6:15	STAR B 4:15 – 5:30	Power 6:10 – 7:00
STAR Optional 45 minutes during A or B		STAR Optional 45 minutes during A or B	STAR Optional 45 minutes during A or B	STAR Optional 45 minutes during A or B	
Flood 1:15 – 1:30		AdvCanSkate 5:15 – 6:00	CanSkate 6:15 – 7:00		
PreCanSkate 1:30 – 2:00					
AdvCanSkate 2:00 – 2:45					
CanSkate 2:45 – 3:30					
PreCanSkate 3:30 – 4:00					

IMPORTANT DATES (subject to change) – as of July 26, 2022

Sep. 25	Sunday	start of first week of skating for all programs except Power Skating
Oct. 9	Sunday	No skating – Thanksgiving Sunday
Dec. 18	Sunday	Family Skate, for all CanSkate programs (STAR sessions run as usual)
Dec. 25	Sunday	beginning of Winter Break – no skating for two weeks, all programs
Jan. 8	Sunday	skating resumes, all programs
Mar. 12	Sunday	start of March Break, no skating all week, all programs
Mar. 19	Sunday	Carnival Practice starts - two weeks – all sessions are for carnival practice only
Mar. 31	Friday	Carnival Dress Rehearsal
Apr. 1	Saturday	Carnival and last day of skating

Calendar updates and “NO SKATE DAYS” will be communicated regularly via Facebook, website and email.
Some sessions may be cancelled from time to time due to unforeseen circumstances – emails will be sent as needed.

POWER SKATING

Power Skating is designed to help hockey skaters develop
better balance, power, agility, speed & endurance. Skating
skills, techniques & conditioning drills are taught in a way
that emphasizes how the skills apply to game situations.
Hockey gear is required. The program is offered on three
sessions: one on Monday and two on Friday.

\$ tbd One session/week: either day, Mon/Fri
\$ tbd Two sessions/week: any 2 of 3 available

NOTE: Power Skating schedule & fee yet to be determined

ADULT SKATERS

Experienced adults may register for Star 1 – Gold
sessions. A professional coach is not required.

ASSOCIATE MEMBER

For skaters registered with another club who wish to
register for Star 1 - Gold Ice. Fee is \$25 plus ice fees.

GUEST SKATING

STAR 1 – Gold skaters wishing to have some extra ice
from time to time may request to “Guest Skate”. This
request is made through their coach to the Board. If
granted permission, the “Guest Skate” is valid in one-hour
increments and ONLY for the approved time. Fee is \$25/hr

CARNIVAL PRACTICE

The last two weeks of the season are exclusively reserved
for carnival practice. Only skaters who registered for
carnival are permitted on the ice.

SKATE CANADA HELMET POLICY

All skaters, including adults, at CANSKATE Stage 5 or
below must wear a CSA approved hockey helmet while on
the ice. In general, this applies to anyone who lacks good
control/balance when skating forward, backward & has
difficulty stopping & manoeuvring around on-ice obstacles.

PROMOTIONAL BOOKLET

This fundraiser supports our club & Skate Ontario. The
cost is included in the registration fee. You sell the 20 \$2
tickets to family & friends & keep the \$40. Ticket stubs
must be returned by January 31st. If you don't sell all the
tickets, enter your own name on any unsold tickets before
returning the stubs.

PROFESSIONAL COACHES

Several Professional Coaches are available to teach STAR
1 – Gold skaters on a private or semi-private basis. You
choose a coach & the number of weekly lessons desired
on the STAR sessions you select, in consultation with the
coach. Coaching fees are in addition to Skate Sarnia fees.
Our website provides contact information for our coaches.