



Loyalist Skating Club
SENIOR STARSKATE INFORMATION
2019-2020



Senior StarSkate is for skaters who are working at the STAR 3 level and up

Mondays	4:00 – 6:00 pm	September 9, 2018 – March 27th, 2020
Tuesdays	6:00 – 7:50 pm	<i>NO SKATING on Thanksgiving, or over Christmas Break or March Break</i>
Fridays	4:00 – 5:50 pm 6:00 – 7:00 pm (Off-Ice)	

Stroking will run on Mondays from 4:00 - 4:15 pm, Tuesdays 6:00 – 6:15 pm and Fridays from 4:00 – 4:15 pm. There will be a **spins session** (skater works with their own coach) on Fridays for the last 10 minutes of the session. Coaches will bill their skaters directly for these lessons.

Off Ice Training (focusing on core strength, balance, agility flexibility and jump technique) will be offered Fridays after the session.

Senior Skaters are expected to be self-directed in their own off ice warm-up to prepare appropriately for their on-ice session and to avoid the risk of injury.

	One Day	Two Days	Three Days
Early Bird (with \$100 non-refundable deposit by July 22, 2019)	\$760	\$1290 (save 15%)	\$1710 (save 25%)
Regular Price (after July 22, 2019)	\$815	\$1316	\$1810

The above fees include all ice time for the season, as well as Stroking and Off Ice sessions.

*****Skaters registered for a StarSkate session MUST be under the supervision of an NCCP certified coach. Lesson fees are to be arranged privately between the skater/parents and the coach of their choice.*

In addition to the above package price, each skater must pay a once-per-year Skate Canada Registration Fee of \$44.00, per the following breakdown:

- Registrant fee National: \$20.00/registrant
- Registrant fee – Section: \$20.00/registrant
- Safe Sport Fee: \$3.00/registrant
- Participant Accident Insurance Fee: \$0.65/registrant + tax

This fee is paid through LSC but is forwarded directly to Skate Canada. For more information on this fee increase please which was mandated by Skate Canada, please go to:

<https://noticeboard.skatecanada.ca/2019/03/06/registrant-fee-increase-2019-2020/>