



High Performance+

Winter Season: Oct 1-Mar 15

Monday		Tuesday		Thursday		Friday		Sunday
Kin 2	Dryland	Elks	Dryland	Kin 2	Dryland	Kin 3	Dryland	Kin 1 - OPT
3:30-4:30 pm FreeSkate		3:30-4:30 pm HP Class			3:30-4:00 pm Positions	3:45-4:15 pm Simulations	3:45-4:10 pm Balance	2:00-3:00 pm Drop In* FreeSkate
4:30-5:00 pm Jump Class		4:30-5:15 pm FreeSkate		4:15-5:15 pm FreeSkate		4:15-5:15 pm FreeSkate		*must sign up by the Wednesday before
	5:10-5:50 pm Jump Power		5:20-5:45 pm HP Dryland	5:15-5:45 pm Spin Class				

\$1030 Including Spring Skating *Fees include Skate Canada Insurance Fee

+ \$40 Chocolates

+20 Volunteer Hours or Opt Out for \$200

Note: for skaters 12+ it is expected they volunteer on one CanSkate session per week.

- A post-dated volunteer cheque is required upfront.
- Skaters aged 12+ must help with the CanSkate program once per week.
- We have payment plans – up to 4 payments can be made so long as the balance is paid in full before the end of March 2018.
- Important note – the spring schedule will be a different schedule. Times will be different, days may be different and arenas will likely be different. Subject to city ice allocation.
- Running shoes are REQUIRED for dryland sessions.
- Skaters will be rotated through simulations. Those who are not on that week's rotation will participate in the dryland session. A skating dress MUST BE WORN for simulations. No exceptions.

High Performance Program Requirements:

- Full program participation in fall, winter and spring seasons.
- Commit to one private dryland session per week during the winter season (15-20 min).
- 60-70% participation in summer programming.
- Commit to 2-3 competitions per season.

Skaters in this program will:

- Be on an elite team.
- Receive focused instruction in high performance techniques and skills.
- Have a yearly development plan created for them by the coaches.
- Be a part of personalized goal setting with the coaches.
- Enjoy a motivating atmosphere where they will be progressively challenged.

How does it work?

- Skaters will participate in the high performance sessions. In addition they will participate in their program's sessions.
- The coaches will arrange a meeting to discuss a plan for your skater and go over budgets, home flexibility plans, etc.