

 **BACK**  
To the site

# Langton Skating Club



2023 - 2024

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[www.langtonskatingclub.com](http://www.langtonskatingclub.com)



Skate Canada



Skate Ontario

*Welcome to Langton Skating Club for our 53rd season! We are glad to have you!*

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## BOARD OF DIRECTORS FOR 2023 – 2024 SEASON

Wanda Backus-Kelly	519-718-2019
Lauren Bailey	LFSC.REG@GMAIL.COM
Lynda Grzech	519-586-2631
Tracey Guiler	519-582-2599
Danielle Jones	LFSC.PRES@GMAIL.COM
Tammy Lama	519-983-2668
Laura MacKenzie	519-427-6508
Elle Vandermarel	519-567-8787

*Welcome to Langton Skating Club for our 53rd season! We are glad to have you!*

# GENERAL INFORMATION

## LAND ACKNOWLEDGMENT

Skate Canada acknowledges that our office is located on the traditional, ancestral and unceded territory of the Algonquin Anishnaabeg people. While we are grateful to be able to exist on this land, we recognize we are here because of a long history of colonialism. We affirm the importance of reflecting and acknowledging whose land our organization exists on. As a result, it is our responsibility as an organization to centre truth and reconciliation in our work. We are committed to our collective journey towards reconciliation to create a welcome and inclusive space that encourages Indigenous ways of knowing, doing, connecting and being.

## VOLUNTEERING

We run several programs such as Gala, Carnival and Assessment Days for our skaters and we need volunteers in order for these events to run smoothly. During the lead up to Gala and Carnival, volunteer help is greatly encouraged. It could be as simple as helping to play music during a session so the coaches can focus on the skaters and less on the technology. There are many hours to cover and jobs to do throughout the year and the Langton Skating Club Executive cannot cover all these hours by ourselves, we need your help - volunteering is encouraged!

## IMPORTANCE OF FUNDRAISING

The Langton Skating Club is a non-profit sports organization. We undertake several fundraising activities throughout the year and we also gratefully receive donations from many local businesses and service groups. With increasing ice fees and rising costs, fundraising keeps our registration costs down and benefits everyone. For reference, our annual ice bill exceeds \$30,000 per season. If you have any suggestions for a fundraiser, please talk with any member on the executive. We will always take fundraiser suggestions and volunteers to help. Fundraising takes the **EDGE** off costs! Thank you for supporting our club!

## FAMILY RATES

We have family rates available again this year. If there are 3 or more children in a family, the 3<sup>rd</sup> and subsequent family member(s) fee will be 30% off the least costly program. This reduction cannot be applied to any outside fees, such as the Skate Canada and/or Skate Ontario fee, because those fees are not set by the club.

## COACHING

Parents you may also approach our coaches regarding availability and any information on private and semi-private lessons. Skaters as young as Canskate may choose to hire a private coach. Our coaching staff has developed a team coaching philosophy. See pages 3 & 4 for more information. For a full list of our coaching staff, and to read their bio's, please visit our website at [www.langtonskatingclub.com](http://www.langtonskatingclub.com).

## NEWSLETTERS

A monthly newsletter will be emailed to you and is also available on our website at [www.langtonskatingclub.com](http://www.langtonskatingclub.com). We will also be posting hard copies of the newsletters in the arena.

## ONTARIO SKATERS LOTTERY PROMOTIONAL TICKETS

Each family will be charged one book of tickets to sell. There are \$40.00 worth of tickets (20 tickets @\$2.00) plus an additional \$10 processing/fundraising fee. By having the members pay for them at registration, there is a lot less confusion when it is time to return the books of stubs. Deadline date will be posted, but it is hoped all will be returned by March 18, 2024.

## ASSESSMENT DAY INFO

Our club hosts 'Assessments Days' for Starskaters (Senior, Intermediate and Primary). Your coach will inform you if your child is involved in an Assessment day, and there is a small fee associated with the event. Any missed ice sessions due to Assessment days will not be made up.

## COMPETITION REGISTRATION

Any skaters attending competitions will need a Skate Ontario Account in order to register. Visit [www.skateontario.ca](http://www.skateontario.ca) for more information and to create an account. You will need your valid Skate Canada number to complete the registration. More information to follow from the coaching team during the skating season.

## CANCELLED ICE / INCLEMENT WEATHER

Skating sessions will continue to be run unless Norfolk county has closed the arena or the executive deems the roads unsafe for travel. In the case of such inclement weather and/or unforeseen circumstances, an announcement will be made on the following radio station; Simcoe CD 98.9/My FM 98.9. We will also try to post it on our Facebook and Instagram pages as quickly as possible. When the ice schedule changes due to circumstances beyond our control (i.e. Norfolk County), ice time cannot be reimbursed. If the club cancels ice due to unforeseen circumstances, every effort will be made to make up for that lost ice time.

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## OUR GALA SHOWCASE

On **Friday, December 22, 2023** our club will host the Gala Showcase. All Langton Home Club Starskaters (Primary, Intermediate and Senior), tentatively Canskaters and our Synchro teams will be involved, if possible. Skaters may choose one discipline to represent: solo, artistic, skills or dance. Watch the newsletter for more information on this.

If you have any questions regarding our Gala Showcase, please contact: Tracey Guiler at 519-582-2599

## CARNIVAL

This year's carnival is tentatively scheduled for **Saturday April 20, 2024**. Dress rehearsal will tentatively be held Friday, April 19, 2024. A sign-up sheet to help with set-up at the arena will be posted on the bulletin board prior to the carnival.

Please help by volunteering your time to make the show a success!!

Your child will receive carnival forms to participate in the carnival in January. These forms will be due by February 12, 2024.

**\*\*WITHOUT THIS FORM WE WILL ASSUME YOUR CHILD WILL NOT PARTICIPATE IN THE CARNIVAL\*\***

Please fill this form out and return it to any board member or to the skating room as soon as possible so that costumes and props can be ordered for your skater. Please note that costumes need to be left in the dressing rooms after the last show.

Langton Home Club Primary, Intermediate and Senior Starskaters who have registered **for the entire skating season** may partake in a feature number (to be decided by the coaching team) however this will involve a fee in addition to the Carnival fee collected at January registration.

**Additionally, it is our policy that any outstanding fees due to the club and/or due for carnival MUST be received before February 12, 2024. If there is an outstanding balance on the account, the club will not allow the skater to take the ice until payment in full has been received.**

As of Monday, March 27 2024 coaches will be using ice time for Pre-CanSkate and CanSkate exclusively for carnival practices for these skaters. **If your child is not participating in carnival their last skating session will occur the week of March 20, 2024.**

Any questions regarding Carnival should be forwarded to: Danielle Jones LFSC.PRES@GMAIL.COM

# TEAM COACHING PHILOSOPHY AND PROTOCOL

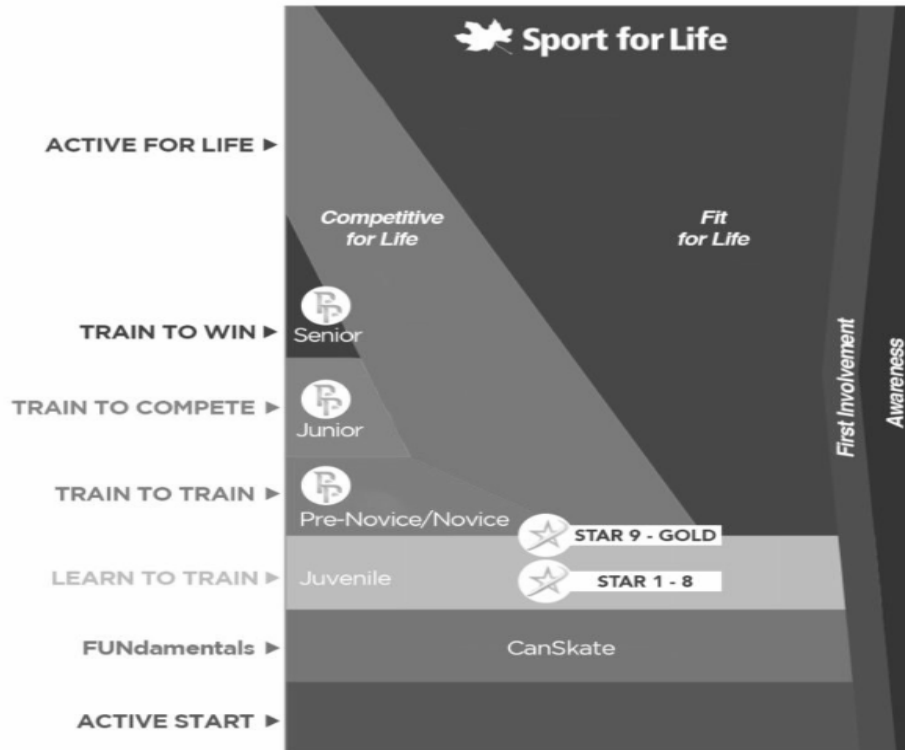
The Langton Skating Club is proud to provide its members with a highly knowledgeable and experienced team of coaches that form a key part of our skating club. The coaches at the Langton Skating Club work as a “team” to ensure that our skaters are provided with the best possible opportunity to achieve their maximum personal potential. This is the team who pass on knowledge and build the skills of our skaters. Skating requires *technical skill* (whether spinning, jumping, or foot-work), *mental preparation* (particularly for Assessments and competitions), *physical training* (stamina, strength, flexibility) and *musical interpretation* (to give physical expression to music). Our coaches guide our skaters in all of these areas.

Team Coaching is not uncommon and has many benefits, including creating a positive atmosphere on the ice. Some skaters learn one aspect from one coach and another from a second or third coach. Each coach can complement another. We’re fortunate to have a great coaching team in the Langton Skating Club, with a good mix of experienced and new coaches – all of them dedicated, enthusiastic and talented.

To coach at the Langton Skating Club, all coaches must be certified at Level 1 of the 3M National Coaching Certification Program (NCCP). This program trains coaches on proper technique, training regimes and ethical issues related to coaching in general. The 3M NCCP program is divided into five levels – Level 1 is the entry level and Level 4/5 the Olympic and World level. All coaches must also hold a valid First Aid Certificate, be coaching members of Skate Canada for the current year and abide by the Skate Canada Coach’s Code of Ethics. To fulfil their role as professionals of figure skating, coaches must continually upgrade their knowledge. Technique, nutrition, communication, sport science, planning, running programs and administration are a few examples of some of the areas coaches understand.

## LONG TERM DEVELOPMENT

### Sport for Life’s Long-Term Development in Sport and Physical Activity 3.0



Adapted from Sport for Life,  
Long-Term Development in Sport and Physical Activity, version 3.0

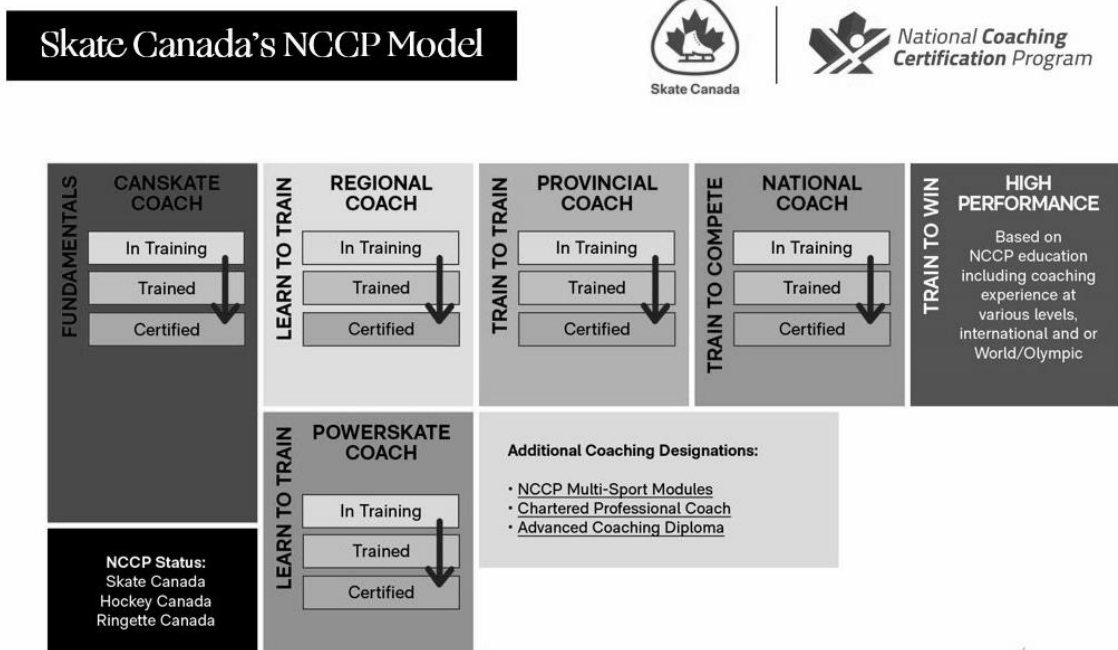
# COMMUNICATION WITH TEAM COACHES

Team Coaches, along with skaters and parents share the responsibility of creating a positive environment that will promote physical development and well-being, mental development, positive self-image, social skills development, discipline, self-reliance and independence and principles of fair play and good sportsmanship. It is important for parents and skaters to establish good communications with the Team Coaches. Team Coaches expect skaters to be prompt, attend scheduled sessions regularly and to give advance notice whenever the skaters are unable to make lessons, or you will be billed for the missed lesson.

Communication is key. If you have any questions about your skater's progress or your lessons, then speak with the coach directly involved. This is a business arrangement and must be treated as such. If things aren't working as well as you believe they should, you need to talk. Often simple things can be ironed out and are the result of a misunderstanding. However, please do not interrupt a team coach during another skater's private lesson. Please reserve all questions until after the session or during your own private lesson time. Calling at an inappropriate time at home is not conducive to good communications either. An email to the individual team coach is encouraged in order to set-up an appropriate time to talk.

Parents will be invoiced for lessons on a regular basis, which depending on the specific coach could be bi-weekly or monthly. E-transfer is the most preferred method of payment, unless indicated otherwise by the coach. Payment is expected promptly, unless other arrangements are made. If non-payment continues past 60 days, all coaches will withhold all lessons until all outstanding balances are paid.

The goal of the Team Coaches is to have the skater's progress and reach their attainable goals while learning skating skills and valuable life skills in a fun, safe environment. Parents can consult the following link for more information on communication and code of ethics: <https://info.skatecanada.ca/index.php/en-ca/guides/313-nccp-guide.html#h7-ethical-coaching-behaviour-and-best-practices>



## PRE-CANSKATE

For the very young child who has never skated before or has skated but not yet received a badge. Suggested ages are from 3 to 5 years of age. This session includes group instruction by a Skate Canada certified coach and supervision by trained skating program assistants. This program was previously referred to as "Langton Learn to Skate" and the name has been updated to reflect the Skate Canada program name.

COACHES: ROXANNE KOOT & TANIA GHESQUIERE

ICE TIME: MONDAY 5:00 – 5:30 PM

START DATE Monday, October 16 2023

END DATES Saturday, APRIL 20 2024 (if participating in Carnival)

Monday, March 20 2024 (if **not** participating in Carnival)

**CHRISTMAS BREAK FOR ALL CANSKATE PROGRAMS: Saturday, December 23, 2023 to Sunday, January 7, 2024**

## CANSKATE (STAGES 2-5)

Canskate (stages 2-5) session includes group instruction from a Skate Canada certified coach and supervision by trained skating program assistants. **Please note that we have taken out blackout dates, holidays, hockey tournaments and Christmas break, and have not included them in the calculations of fees.**

COACHES: ROXANNE KOOT & TANIA GHESQUIERE

ICE TIME: MONDAY 5:30 – 6:20 PM

START DATE Monday, October 16 2023

END DATES Saturday, APRIL 20 2024 (if participating in Carnival)

Monday, March 20 2024 (if **not** participating in Carnival)

**CHRISTMAS BREAK FOR ALL CANSKATE PROGRAMS: Saturday, December 23, 2023 to Sunday, January 7, 2024**

There are seven stages of learning in the Canskate Program. Badges may be earned for each stage however, if a child is having difficulty with one element and cannot earn the badge for that stage, he/she has the opportunity to advance in other elements earning rewards for elements rather than stages.

### PLEASE NOTE FOR BOTH PRE-CANSKATE AND CANSKATE PROGRAMS:

- We will soon be a 'CanSkate Excellence' Certified Club!
- We have taken out any blackout dates, holidays, hockey tournaments and Christmas break, and have **not** included them in the calculations of fees.
- Parents are asked to watch their children from the bleachers or the warm room upstairs. Please **do not** sit in the players' boxes to watch your children as it distracts from the program.
- Parents/Guardians are required to stay at the arena **at all times** during lessons.
- **CSA approved hockey helmets are mandatory for Pre-Canskate.**
- If your child becomes upset during their lesson, every effort will be made to comfort them and encourage them to remain on the ice. If your child cannot be comforted, the coach will motion for you to come down and take your child off the ice.
- Pre-CanSkate and CanSkate Refund Policy: If within the first three skating sessions, you feel the program is not for your child, you may be entitled to a partial refund of your registration fees **not** including Skate Canada fees. Please submit your request in writing to the executive.

## PRIMARY STARSKATE

This is a “stepping stone” session for skaters who have passed stage 5. This stage introduces freeskate (jumps, spins, etc) and dance in a group lesson format. Skaters will receive a group lesson and then be introduced to working on their own while sharing the ice with Intermediate and/or Senior Starskaters and receive a group stroking/edges/spins lesson. Parents may choose to hire a private coach or the child(ren) can work on their own. Any Skate Canada Assessment fees and/or partner fees will be an extra cost and is the responsibility of the parent. Please discuss fees with your coach and partner. We as a Club feel that this is an important step to introduce these skaters to their next level. For coach availability, please refer to the list of coaches provided.

COACHES: LANGTON TEAM COACHES  
PRIMARY ICE TIMES: TUESDAY 5:30 – 6:50 PM and/or FRIDAY 4:30 – 6:00 PM  
**START DATE:** TUESDAY, OCTOBER 17, 2023  
**END DATE:** SATURDAY, APRIL 20, 2024

## **INTERMEDIATE STARSKATE**

Skaters will be placed into Intermediate Starskate according to ability levels based on coaching discretion. This is **not** based on the skater's age. Parents may still choose additional days and may choose to hire additional private coaching or the child(ren) can work on their own.

COACHES: LANGTON TEAM COACHES  
INTERMEDIATE ICE TIMES: TUESDAY 5:30 – 7:20 PM and/or FRIDAY 4:30 – 6:00 PM  
**START DATE:** TUESDAY, OCTOBER 17, 2023  
**END DATE:** SATURDAY, APRIL 20, 2024

## **SENIOR & ADULT STARSKATE**

Skaters will be placed into Senior Starskate according to ability levels based on coaching discretion. It is **not** based on the skater's age. Parents may still choose additional days and may choose to hire additional private coaching or the child(ren) can work on their own.

COACHES: LANGTON TEAM COACHES  
SENIOR ICE TIMES: TUESDAY 5:30 – 7:20 PM and/or FRIDAY 4:30 – 6:00 PM  
**START DATE:** TUESDAY, OCTOBER 17, 2023  
**END DATE:** SATURDAY, APRIL 20, 2024

### **PLEASE NOTE FOR ALL STARSKATE PROGRAMS:**

- We have taken out blackout dates, holidays, hockey tournaments and Christmas break, and have not included them in the calculations of fees.
- Levels and times may change according to numbers registered.
- Christmas Break for all StarSkaters: Saturday December 23 2023 to Sunday January 7 2024.
- Any Skate Canada Assessment fees and/or partner fees will be **an extra cost** and is the responsibility of the parent. Please discuss fees with your coach and partner.
- **STARSkate** offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate, artistic and synchronized skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner. Skaters have the opportunity to take Skate Canada Assessments through a nationally standardized assessment system. STAR 1-5 assessments are coach-assessed on your child's regular sessions. Your coach will discuss with you when your child is ready for an assessment and when the assessment will take place. A Skate Canada fee of \$12 is required for each Assessment which must be paid in advance to your child's coach or our club Assessment chair.

## **SYNCHRONIZED SKATING**



Langton Skating Club will be offering opportunities for four levels of synchronized skating teams this coming year under the coaching of Alexandra Casier-Smith. All teams will have performance opportunities in the later part of the skating year. **Please note that we have taken out blackout dates, holidays, hockey tournaments and Christmas break, and have not included them in the calculations of fees.**

## **BEGINNER SYNCHRO**

This is a great opportunity for our young and eager skaters to try out synchronized skating. Skaters will learn the basic elements of synchronized skating and learn a program that they will perform at the winter Gala. This team will consist of skaters from the CanSkate Stage 4 to Skaters working on Star 1 disciplines.

COACHES: ALEXANDRA CASIER-SMITH  
ICE TIME: TUESDAYS 5:00-5:45 PM  
**START DATE:** TUESDAY, OCTOBER 17, 2023

## **STAR 4 - U12 SYNCHRO**

The Star 4 U12 team is perfect for skaters who are close to or who have passed their Star 1 Skills and are currently working on Star 2 disciplines. Skaters will have the opportunity to perform in galas and carnivals, but compete in competitions throughout the season. Skaters must be 12 years or younger for this team.

COACH: ALEXANDRA CASIER-SMITH  
ICE TIMES: FRIDAY'S 6:00-6:50 PM  
**START DATE:** FRIDAY OCTOBER 20TH 2023

## **STAR 6 - O12 (Juvenile) SYNCHRO**

This team is for advanced skaters who have passed their Star 3 disciplines or higher. This team will train to compete against well known teams across Ontario, as well as showing off their skills locally at Galas and Carnivals. Skaters must be under the age of 15 as of July 1 2023.

COACH: ALEXANDRA CASIER-SMITH  
ICE TIMES: FRIDAY'S 7:00-8:20 PM  
**START DATE:** FRIDAY OCTOBER 20TH 2023

## **ADULT 3 SYNCHRO**

This team is an exciting new addition to the Langton Skating Club! We felt the need for an adult team to come back to Norfolk County and we delivered! This team will travel to competitions as well as perform in the year-end carnivals. We are very excited to see how far this team will GROW and GO!

COACH: ALEXANDRA CASIER-SMITH  
ICE TIMES: TUESDAY'S 8:30-9:50 PM:  
**START DATE:** TUESDAY OCTOBER 17TH 2023

## **LANGTON SKATING CLUB CODE OF CONDUCT**

1. CONDUCT - Students are requested to be punctual for all sessions. All session time should be utilized & uninterrupted for the full time.

2. Skaters will not be allowed to stand along the boards to talk.
3. Skaters may not leave the ice without the permission of their coach.
4. Skaters must give way to those skaters having a lesson or having their solo played. This courtesy in turn should be extended to you.
5. If sessions are not at their capacity (25 Senior Langton skaters or 22 Primary/Intermediate Langton skaters), guest skaters are permitted on the ice. Guest fees must be paid before the skater goes on the ice. They should be paid to a coach. Guest fees for skaters registered for at least one day of skating with the club are \$20.00 per session. Guest fees for non-registered skaters are \$25.00 per session. All guest skaters will be required to abide by club rules.
6. Guest skaters will only get their music played if there is adequate time and music is not being requested by club coaches.
7. Skaters are not allowed to make up lost days due to absence or Ice cancellations.
8. If the arena is unavailable for any reason beyond the control of the management of the Langton Skating Club, the skater shall have no cause of action or claim for damages or compensation against the club, the management, employees, professional staff or the arena attendants.
9. Skaters are allowed to skate only on their registered time and day. Primary and Intermediate Starskaters are then allowed to skate up one level and be on the ice five minutes prior to and including their 15 minute lesson, be it freeskate, dance or skills. Senior Starskaters are permitted to skate down one level for a lesson. They must then leave the ice. If you are routinely receiving a lesson that is not on your scheduled regular time, you are requested to leave the ice 15 minutes during your regular scheduled time to make up for the lesson being given on opposite ice time.
10. No profanity allowed or skater/coach/arena user will be asked to leave the ice. Any skater/coach/arena user whose behaviour can be dangerous to others whether on the ice or off will be asked to leave and will face disciplinary actions of the board. This includes dressing room areas.
11. The arena staff will levy a \$5.00 fee per incident if dressing rooms are not clean before being vacated by figure skaters.
12. Skaters are not allowed to go upstairs without proper guards on their skates.
13. In the event of inclement weather, there will be skating unless the arena has closed its doors or the executive deems the roads unsafe for travel. This includes instances of unforeseen circumstances, such as loss of hydro. An announcement will be made on the radio station Simcoe CD 98.9/MyFM 98.9, as well as our social media pages on Facebook and Instagram.
14. In the event of a power failure, when the arena goes dark, an arena attendant will escort people off the ice and direct them to the dressing rooms. If the power remains off for a period of 30 minutes or more, people will be asked to vacate the premises.
15. All skaters will leave the ice surface as soon as the flashing lights by the Zamboni door are turned on.
16. Ice time will be adjusted on certain days according to the number of skaters.
17. The club reserves the right to adjust and/or combine the schedule as necessary. Changes will be posted on the Bulletin Board.
18. Neither the Skating Club, nor the Arena Staff shall be held responsible for any injury, loss or damage sustained at the arena by any skater, parent or guest.
19. Each skater, coach or guest of the club is responsible for knowing and abiding the Code of Conduct for Langton Skating Club including any additional rules which may be deemed necessary.
20. When the ice schedule changes due to circumstances beyond our control (i.e. Norfolk County), ice time cannot be financially reimbursed.
21. After Langton members are registered, out of town skaters may apply for membership in our club if the sessions are not at their capacity. Deadline date for Langton skaters is first skating day, then out of town registrations will be accepted. The out of town registrations must be applied for by the individual and will be accepted on a first come first serve basis, i.e. the coach will not be allowed to submit multiple applications for their students. Out of town applications will be accepted during registration and they will be dated as well as having the time written on them so we will know which to accept first.
22. The Langton Skating Club wishes to advise parents/guardians we are not responsible for children when they are not on the ice. Before and after their session they are the responsibility of the parent/guardian.
23. All registration payments may be made in installments as shown on the registration forms or Payment Schedule provided if paying by cheque or by e-transfer. All cheques need to be post-dated at registration.
24. Any N.S.F. cheques will result in a \$45.00 fee and is to be paid within 30 days.
25. CSA Approved Hockey Helmets are mandatory for Canskate - Stages 1, 2, 3, 4 & 5.

26. Please note that candid photos may be taken throughout the skating season by the club or reports for publication on our website and in the local newspapers. **If you do not wish your child to be photographed**, please let the executive know in writing.
27. Under section 125 of the Child, Youth and Family Services Act, we are required by law to report any suspicion or information on reasonable grounds of child abuse and/or neglect to a Children's Aid Society

For more information regarding Skate Canada's Code of Ethics, please see the following website:

<https://skatecanada.sharepoint.com/Policies2/Forms/AllItems.aspx?id=%2FPolicies2%2FCode%20of%20Ethics%2Epdf&parent=%2FPolicies2&p=tr ue&ga=1>

## **NOTICE OF COLLECTION STATEMENT**

Your privacy and the protection of your personal information is important to us. Your personal information is required to register you with Skate Canada in any capacity, including, without limitation, as a Skate Canada registrant, coach or in connection with your affiliation with a skating club or skating school and to administer various services, such as Skate Canada events. Your personal information may also be exchanged with Skate Canada affiliates which includes your local skating club or skating school or provincial association or section. By submitting this form, you expressly provide your consent to the sharing of your personal information with Skate Canada and as described herein for purposes of registration and receipt of national services delivered by Skate Canada. We adopt the 10 Fair Information Principles into our privacy program, and employ reasonable measures to protect against unauthorized access, processing, disclosure, alteration, destruction or loss of your personal information. See Skate Canada's [Privacy Policy](#) for more details.

For further information or comments regarding our protection of your privacy, please contact Skate Canada at [safesport@skatecanada.ca](mailto:safesport@skatecanada.ca).

## **CANCELLATION & REFUND POLICY**

In case of injury, accident, or illness that may occur prior to or during skating, a doctor's notice must be shown in order to receive a partial refund. Please submit your request in writing to the executive.

Pre-Canskate and Canskate Refund Policy: If within the first three skating sessions, you feel the program is not for your child, you may be entitled to a partial refund of your registration fees not including Skate Canada or lottery fees. Please submit your request in writing to the executive.

# ICE SCHEDULE FOR THE 2023-2024 SEASON

(subject to change as needed)

MONDAY	
5:00 – 5:30	Pre-CanSkate
5:30 – 6:20	CanSkate

TUESDAY		
5:00 – 5:45	Beginner Synchro Team (10 weeks)	Team Practice & Group Lesson
5:30 – 6:50	Primary Starskate	Primary Skaters and Lessons
5:30 – 7:20	Intermediate & Senior Starskate	Freeskate, Skills & Dance
7:30 - 8:30	–No Langton Skating Club Ice–	
8:30 – 5:55	Adult 3 Synchro Team	TEAM PRACTICE

FRIDAY		
4:30 - 6:00	Primary/Intermediate/Senior Starskate	Freeskate, Skills & Dance, Primary Group Lesson, Stroking, Spins,
6:00 – 6:50	Star 4 U12 Synchro Team	Team Practice
6:50 – 7:00	FLOOD	
7:00 - 8:20	Star 6 O12 Synchro Team	Team Practice

**Note:** Adult Starskaters can skate on their selected day during the Intermediate or Senior time slots as their schedules allow, in consultation with our coaching team.