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| **Group & Private Sessions*****All sessions are at Larry Grossman Arena, unless noted. All sessions are 60 mins, and may include flood.*** |
|  | **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **PASS****(Parent Assisted Skater Session)****Group** | **PHIL WHITE****10:00-10:40am****10:40-11:20am****11:20-12:00pm** |  |  |  |  |  |  |
| **PreCanSkate****CanSkate 1-6****Group****Includes STAR 1\*** | **Small Ice****4:30-5:30pm****PHIL WHITE****10:00-10:40am****10:40am-11:20am****11:20-12:00pm** | **Small Ice****5:00-6:00pm** | **Large Ice** **4:00-5:00pm** |  | **Small Ice****5:00-6:00pm\*** |  | **Small Ice****8:15-9:15am****9:15-10:15am****1:15-2:15pm\*****2:15-3:15pm** |
| **POWER HOUR:****PrePower & CanPower Group****(Full Hockey Gear & Sticks)** |  |  |  |  |  | **Small Ice****5:00-6:00pm** | **Small Ice****2:15-3:15pm** |
| **DOUBLE DIGIT** | **Small Ice** **7:30-9:00pm\*\*\*** |  | **Small Ice** **8:15-915pm** |  | **Large Ice** **8:00-9:00pm** |  |  |
| **BRONZE PRIVATE****LTS** | **Small Ice****5:30-6:30pm****6:30-7:30pm****PHIL WHITE****8:00-9:00am****9:00-10:00am****12:00-1:00pm** | **Small Ice****4:00-5:00pm****6:00-7:00pm** | **Small Ice****5:15-6:15pm****6:15-7:15pm** | **Large Ice****4:00-5:00pm****Small Ice****5:00-6:00pm** | **Small Ice****4:00-5:00pm****Large Ice****5:00-6:00pm** | **Small Ice****4:00-5:00pm****6:00-7:00pm****7:00-8:00pm** | **Small Ice****10:15-11:15am****11:15-12:15pm****12:15-1:15pm** |
| **SILVER PRIVATE****Star 1 – 2** **\*\*Star1-2 only** | **Small Ice****6:30-7:30pm****7:30-8:30pm****PHIL WHITE****8:00-9:00am****9:00-10:00am****12:00-1:00pm** | **Small Ice****4:00-5:00pm****6:00-7:00pm** | **Small Ice****6:15-715pm****7:15-8:15pm\*\*** |  | **Large Ice****4:00-5:00pm\*\*****5:00-6:00pm** | **Small Ice****4:00-5:00pm****6:00-7:00pm****7:00-8:00pm** | **Small Ice****10:15-11:15am****11:15-12:15pm****12:15-1:15pm** |
| **GOLD PRIVATE****Star 3+** |  |  | **Large Ice****5:00-6:00pm****6:00-7:00pm** | **Large Ice****5:00-6:00pm****6:00-7:00pm** | **Large Ice****6:00-7:00pm****7:00-8:00pm** | **Large Ice****5:00-6:00pm****6:00-7:00pm** |  |
| **FHFSC Off Ice Classes** |  |  |  |  | **Workout Room****6:15-7pm** |  | **Workout Room****10:30-11:15am** |
| **ADULT Skating** | **Small Ice****7:30-9:00pm\*\*\*** |  | **Small Ice****8:15-9:15pm** |  | **Large Ice****8:00-9:00pm** |  |  |
| **Hockey ADULTS** |  |  |  |  |  | **Small Ice****8:00-9:00pm** |  |
| **SUNDAY NIGHT LIGHTS\*\*\*** | **Small Ice****8:30-9:00pm** |  |  |  |  |  |  |

**PRIVATE LESSONS:**

FHFSC is pleased to offer over 25 hours/week of private ice time.

Finding a coach:

Go to [www.fhfsc.ca](http://www.fhfsc.ca), programs, private instruction

Private lessons involve 2 costs:

1. Ice time fees plus annual Skate Canada Fee and Admin fee paid to FHFSC before the skater steps on the ice.
2. Private lesson feed paid directly to the coach.

**HELMET POLICY:**

PASS, PreCan, CanSkate, PrePower, Power, Double Digit & Adult participants up to & including stage 5 must wear a CSA approved hockey helmet while on the ice. Helmets with face grills are mandatory for Power Hours.

**REFUND POLICY:**

FHFSC does not issue refunds, credits, make-up sessions, or ticket ice for any reason other than medical withdrawal from a program and must accompany a doctor’s note.

FHFSC reserves the right to cancel sessions if minimum registration requirements are not met or other related reasons. You will be notified in advance.

**Note:** *some Tuesday/Wednesday 4pm Large Ice sessions will change to Small Ice due to arena ice schedule.*

*For more information on our policies & procedures, please visit our website:*[**WWW.FHFSC.CA**](http://WWW.FHFSC.CA)

**LEARN TO SKATE PROGRAMS**

**PASS Program**

* Age 2+
* Parent Assisted Skater Session
* One parent per skater
* Helmets are ***mandatory*** for both skater and parent
* Coach/Skater+Parent Ratio 1:6

**PreCanSkate**

* New skaters age 4+
* No skating experience
* Coach/Skater Ratio 1:4

**CanSkate/Star 1**

* Ages 4-10
* Able to skate unassisted
* Working on CanSkate 1-6
* Working on Star 1 level
* Coach/Skater Ratio: 1:10

**Double Digit**

* Ages 11+
* Able to skate unassisted
* Coach/Skater Ratio: 1:8

**Adult LTS**

* Ages 18+
* Able to skate unassisted
* Coach/Skater Ratio: 1:8

**Hockey Adults**

* Ages 18+
* Able to skate unassisted
* Coach/Skater Ratio: 1:8

**Sunday Night Lights -ADULTS**

* Fun Group Session
* Cool Lighting
* Great Music

*For more information on our Learn To Skate programs, please visit our website:*

[**WWW.FHFSC.CA**](http://WWW.FHFSC.CA)

**HOCKEY SKILL PROGRAMS**

**PrePower**

* Canskater 1-4 Level skaters
* Hockey gear optional
* Helmets with grill are mandatory
* Coach/Skater Ratio 1:8

**Power**

* Hockey specific skating skills
* Must have passed CanSkate 4
* Full hockey gear required
* Coach/Skater Ratio 1:8

**Hockey Parents**

* Fun night of hockey skating skills
* Hockey gear optional
* Helmets with grill are mandatory
* Coach/Skater Ratio 1:8

**PRIVATE LESSONS & OFF-ICE**

**BRONZE**

* Skaters learning to skate(LTS)

**SILVER**

* Star 1- 2 level skaters

**GOLD**

* Star 3+ level skaters

Qualifications:

-must be able to do a loop jump, camel spin/or sit spin and fast stroking skills with crosscuts(no toe picks)

-must be approved by skating director

**WORKOUT ROOM -Off-Ice classes**

* Add a FHFSC off ice class
* Ask your coach about off ice classes

*For more information on our Hockey Skills and Figure Skating programs, please visit our website:*

[**WWW.FHFSC.CA**](http://WWW.FHFSC.CA)

**2023-2024 Season**



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| **Larry Grossman Arena****340 Chaplin Cres****Toronto, ON**  |
| **FULL SEASON:****Sept. 11, 2023 – Apr. 27, 2024****(31 Weeks)** |
| **Season 1: Sept. 11 - Oct. 28** **(7 Weeks)** |
| **Season 2: Oct. 29 - Dec. 23****(8 Weeks)** |
| **Season 3: Jan. 7 – Mar. 2****(8 Weeks)** |
| **Season 4: Mar. 3 – Apr. 27****(8 Weeks)** |
|  |
| **Phil White Arena****443 Arlington AveToronto, ON** |
| **FULL SEASON:****Oct. 15, 2023 – Mar 17, 2024****(21 Weeks)** |
| **Season A: Oct. 15 - Dec. 24**(Excluding Nov 19) **(11 weeks)** |
| **Season B: Jan. 7 – Mar. 17****(11 Weeks)** |
|  |

**Schedule and Pricing is subject to change**



**2023-2024 S**  **EASON**

**GR**  **OUP & OPEN**

**SESSION**

**WWW.FHFSC.CA**

**E-MAIL:** **office@fhfsc.ca**

