



South Windsor
Skating Club

South Windsor Skating Club

Capri Pizzeria Recreation Complex - 2555 Pulford Street, Windsor, Ontario
Mailing address: P.O. Box 23039, Devonshire Mall, 3100 Howard Ave., Windsor, Ontario N8X 3Y8
www.swskatingclub.ca | email: southwindsorscinfo@gmail.com

Dear Skating Families:

Sept. 2022

The South Windsor Skating Club Board of Directors thanks you for your participation in our club programs and welcomes you to our 2022/2023 Fall and Winter "52nd Anniversary" skating season, from **Wednesday, September 7, 2022 to Friday, March 24, 2023.**

REGISTRATION

- Registration for all programs will be completed using Uplifter on our website www.swskatingclub.ca
- Registration instructions for each program will be posted on our website www.swskatingclub.ca
- There will be no in-person registration and you WILL NOT be able to register on the first day of the program.
- All forms (Registration, COVID-19 Skate Ontario Waiver form, Rowan's Law Acknowledgement) need to be completed in full, through Uplifter, to complete the registration process.
- Registration fees will be paid by credit card.

Professional Coaches

For private lessons, please directly contact our Club Professional Coaches. A coach must be retained for the STARSkate level. More information about our coaches is available on our website at www.swskatingclub.ca.

<u>STARSkate Technical Coordinators</u> Marlena Kovacevich & Lori Lafferty-Vilneff	<u>CANSkate Coordinator</u> Karen Adam	<u>POWERSkate Coordinator</u> Kristi Provost-Renaud
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CLUB PROFESSIONAL COACHES

Karen Adam	Chris Bourne	Jensen Bowden	Lori Corriveau	Kelly Dunwoody
Jake Ellis	Kristi Ellis	Summer Ellis	Sarah Fox	Baran Ghasroddashti
Samantha Gignac	Nicole Johnson	Victoria Kaludjer	Melinda Keller	Marlena Kovacevich
Lori Lafferty-Vilneff	Maya Mikhael	Kristi Provost-Renaud	Mia Suboh	Alexandra Stoilova
Patti Strange	Julia van Heugten			

Coaches who are available for private lessons have their contact information posted on our website.

We are very proud of our club, its programs, and our coaching staff. We wish you all a successful and healthy skating season.

Sincerely, Board of Directors S.W.S.C.

Board of Directors

Fang Chen	Kristi Ellis	Lori Lafferty-Vilneff	Maria MacNeil	Paul van Heugten
Nicole Chevalier	Marisa Gignac	Jessica Little	Christine Morton	
Michelle Collins	Fouada Hamzeh	Dorothy Lan	Michelle Patey	

FALL - WINTER SEASON ICE SCHEDULE 2022/2023 and Pricing

Schedules will be posted on our website.

Weekly ice schedules will be posted in the display case in Rink A.

Check our website for any changes in schedules and important club information.

Sign up for the **Remind App** to get instant updates. Information is also posted in the display case in Rink A.

All program pricing is posted on our website.

CSA APPROVED HOCKEY HELMETS MUST BE WORN for the following programs:	
PRE-CANSkate	Beginner skaters age 3 - 4.
CANSkate	Beginner skaters age 5 - 7.
CANSkate Stage 2-6	A group instruction program for returning skaters working on STAGES 2, 3, 4, 5, and 6 badges. Skaters must be able to skate on their own and get up on their own.
Enriched CANSkate	A group instruction program for returning skaters working on STAGES 4, 5, and 6 badges designed to progress to the STARSkate program at an accelerated pace. Skaters must be in figure skates for this program.
TEEN & ADULTSkate	Learn to skate program for teens and adults and returning teen and adult skaters.
CANPOWERSkate	A program for hockey players, ages 5 and up, designed to develop proper techniques for maximum speed, balance and agility. Skaters must have basic forward, backward and stopping skills. Full hockey gear must be worn.

HOCKEY HELMET POLICY - SKATE CANADA



All CSA certified helmets have a sticker indicating their certification. The CSA approved logo will be found on the back of the hockey helmet affixed to the outer shell of the helmet. The seal will indicate the expiry date. Face masks are not mandatory; however, they are strongly recommended as young skaters may benefit from the added protection. Bicycle helmets are **NOT** permitted.

How should the hockey helmet fit?

- A hockey helmet should fit snugly to prevent any shifting and maximize protection. Make sure the chinstrap can be adjusted so it gently makes contact under the chin when fastened.
- For an adjustable helmet, open it to the largest setting and gradually begin to downsize the helmet until a comfortably snug fit is achieved. The helmet should rest on the head so that the rim is one finger width above the eyebrow and making contact with the top of your head.

GUIDELINES FOR CLOTHING AND SKATES

- Skates should fit properly with good support, be laced correctly and sharpened every 20-25 hours of use, to help the skater maintain control on the ice. Velcro skates and plastic moulded skates are not recommended.
- Dress appropriately – wear gloves/mittens and avoid scarves, overly bulky snowsuits, or hair in the face as this may restrict movement and vision.

Important Dates by Program

STARSkate

Program begins Wednesday, September 7th

Program Assistant & New Coach Training Sunday, September 11th

Off-Ice starts Tuesday, September 13th and Thursday, September 15th

Adjusted start time Monday, September 12th

No Skating Sunday, October 9th
No Skating Monday, October 10th
Shortened schedule Monday, October 31st
No Skating Friday, December 2nd
Christmas Exhibition Monday, December 19th
No Skating Friday, December 23rd
No Skating Sunday, December 25th
No Skating Monday, December 26th
No Off-Ice Tuesday, December 27th
No Off-Ice Thursday, December 29th
No Skating Sunday, January 1st
No Skating Monday, January 2nd
No Off-Ice Tuesday, January 3rd
No Off-Ice Thursday, January 5th
No Skating Friday, January 20th
No Skating Sunday, January 22nd
No Skating Sunday, January 29th
No Skating Monday, February 20th
No Skating Friday, March 17th
Program ends Friday, March 24th

PRECANPOWERSkate & CANPOWERSkate

Fall program begins Wednesday, September 28th
Fall program ends Wednesday, December 7th
Winter program begins Wednesday, January 11th
Winter program ends Wednesday, March 22nd

Sunday PRECANSkate & CANSkate

Program begins Sunday, September 18th
No Skating Sunday, October 9th
No Skating Sunday, December 25th
No Skating Sunday, January 1st
No Skating Sunday, January 22nd
No Skating Sunday, January 29th
Program ends Sunday, March 12th

Monday, PRECANSkate, CANSkate & Enriched CANSkate

Program begins Monday, September 19th
No Skating Monday, October 10th
No Skating Monday, October 31st
Santa Skate Monday, December 19th
No Skating Monday, December 26th
No Skating Monday, January 2nd
No Skating Monday, February 20th
Program ends Monday, March 20th

Teen & Adult Learn to Skate

Program begins Wednesday, September 28th and Thursday, September 29th
Last skating day for 2022 Wednesday, December 7th and Thursday, December 8th
Program resumes Wednesday, January 11th and Thursday, January 12th
Program ends Wednesday, March 22nd and Thursday, March 23rd

