



Canadian
Ice Academy

3111 Universal Drive
Mississauga, ON L4X 2E2



Canadian Ice Academy

Elite Training Centre

FIGURE SKATING PROGRAMS

Competitive, StarSkate, Learn to Skate, Adults

**FALL, WINTER, & SPRING
PROGRAMS FOR 2009/2010**

***Skate
Canada***

Centre of Excellence

3111 Universal Drive
Mississauga, Ontario
Canada
L4X 2E2

Tel: 905-625-7528

Fax: 905-625-8853

Email: office@canadianiceacademy.com

Canadian Ice Academy

The Canadian Ice Academy offers a complete professional experience for all levels of skaters year round. Features of the facility include an Olympic size ice surface, studio rink, fitness centre, ballet studio and a harness system. Come and experience first class service, quality, positive coaching and a state of the art facility. We are proud to be designated as a 'Skate Canada Centre of Excellence'.

We are committed to the highest standards of our sport. We hope you will join us in developing and training your children at our centre of excellence, so that every skater can strive to achieve their goals and be the best they can be!

Social Events and Birthday Parties

The Studio Arena, lounge and space are available to rent for events, special occasions or birthday parties. Please inquire about our packages.

Policies and Information

The Canadian Ice Academy is a privately owned facility. All users and visitors must have purchased a current and active membership and/or ticket and are expected to adhere to the code of conduct within the facility. All package holders and ticket skaters must 'sign in' at the office prior to stepping on the ice.

The Canadian Ice Academy reserves the right to change, cancel and/or reschedule any and all on ice, ballet and/or fitness sessions based on enrollment, qualifications, test days, seminars, special events, etc.

All skaters and coaches must be members in good standing within the association of Skate Canada or their respective associations.

The Skate Canada Registration fee will be \$30.86 including insurance and taxes.

All skating athletes must pay their Skate Canada registration fees prior to starting their programs.

Ticket Ice will only be available if space permits and if the skater qualifies for the desired session.

Monthly, quarterly and/or scheduled payments are available.

Final payments for all Packages including the High Performer Program must be paid in full by March 5th, 2010.

Cheques, post dated cheques as well as pre-authorized credit card payments, Visa, Master Card, Debit cards, AMEX and cash are accepted.

A 5% G.S.T. must be added to all packages.

A \$35.00 administration fee will be charged for any program alterations after the start of the programs, AS WELL AS on all returned or N.S.F. cheques.

The Canadian Ice Academy holds a NO REFUND policy.

Dance and Skating Skills will be permitted on designated sessions only. Special requests will be decided at the discretion of the Director.

The Canadian Ice Academy is not responsible for any individual while in the building, on the property, or using any equipment in the facility, for lost items, accidents or injuries. This is assumed by all entering the premises, purchasing ticket ice and/or signing the release on the application forms.

You can register at any time by telephone, fax or in person. Official registration weeks will be Monday August 17th – Friday August 28th, 2009 between the hours of 9:00 am to 8:00 pm.

After August 28th there will be a mandatory administration fee of \$35.00 to process further membership registrations. (excludes Junior CanSkate, CanSkate, Advanced CanSkate & High Performer Junior Academy)

Test Days (tentative)

All Competitive Tests are centralized & TBA / September 25, 2009 (Qualifier) / November 18, 2009 / January 20, 2010 / March 24, 2010 / May 5, 2010 / June 11, 2010

Cancellation Dates

Closed December 25, 2009 / Additional ice cancellations may occur. Please check the bulletin board for advanced notice.

Coaches List

Arakelyan, Tigran	416-894-0150
Budraitiene, Rasa	905-997-5698
Cruickshank, Kathy	416-413-9544
De Sario, Lina	647-883-9406
Glenwright, Patricia	905-454-5431
Hume, Elaine	416-409-1722
Ireland, Donna	905-582-7675
Lachter, Galina	905-313-0464
Masliak, Roksana	416-621-7623
Matheson, Laura	416-844-8512
McLeod-Devereux, Pat	905-815-9795
O'Toole, Robert (Director)	416-922-7659
Pados, Cecilia	416-377-9311
Pilon, Leanne	905-602-6307
Preston, Karen	905-858-2283
Reeves, Dale	905-846-4428
Ritter, Jay	905-844-5379
Whyte, Christine	416-992-8824
Williams-Hill, Judy	905-693-6423
Wyant, Jenny	416-476-3835

All coaches must have a current, valid and up to date certification with the Coaches Association of Canada; are required to be registered with Skate Canada; hold a valid First Aid Certificate and must strictly adhere to the Coaches Code of Ethics as outlined by Skate Canada.

Location

The Canadian Ice Academy (CIA) is located south of the 401; north of the QEW; just 3 lights west of the 427; take Dundas Street west; north off Dundas Street to 3111 Universal Drive.

Child Fitness Tax Credit

The Government of Canada, starting in 2007, has established a non-refundable tax credit on eligible amounts of up to **\$500.00** paid by parents to register a child in an eligible program of physical activity.

For more information visit these Government of Canada web sites:

www.cra-arc.gc.ca/whatsnew/fitness-e.html

www.fin.gc.ca/news06/06-084e.html

Skate Sharpening

Tigran Arakelyan	416-894-0150
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High Performer: Junior Academy (Canadian Ice Academy Program)

A Competitive Skate & STARSkate Development Program which will introduce the athlete to higher skill levels enabling them to test and compete in the Skate Canada STARSkate or the Competitive stream. Entrance into the program is by a letter of invitation, audition and/or at the discretion of the Director. Lessons are given in a group format and a private coach is recommended and will be arranged by the Director and the Coordinator. This program introduces off ice jumping technique as well as movement /dance class. This program is designed to be cost efficient enabling the athlete to develop into an entry level competitive athlete. This is a two day per week membership program with a set schedule. There will be no make up days and/or substitutions for scheduling. FreeTime/Private Lessons are the last 15 minutes of every session.

Tuesday	Friday
4:30 pm – 5:00 pm - Off Ice Jump Class	5:00 pm – 5:45 pm - Movement Class
5:15 pm – 6:00 pm - On Ice Group Lessons	6:00 pm – 6:45 pm - On Ice Group Lessons
6:00 pm – 6:15 pm – Free Time/Private Lessons	6:45 pm – 7:00 pm – Free Time/Private Lessons

High Performer: Junior Academy Memberships & Fees

Winter 1	13 weeks	September 22 – December 20, 2009	\$579.00
Winter 2	13 weeks	January 5 – April 11, 2010	\$579.00
Winter 1 & 2 Combined	26 weeks	September 22, 2009 – April 11, 2010	\$1100.00
Spring HP JrA	8 weeks	April 13 – June 6, 2010	\$356.00

All Junior CanSkate, CanSkate, Advanced CanSkate & High Performer Junior Academy memberships are subject to a 'Skate Canada' registration fee as well as 5% G.S.T.

Cancellation Dates: NO CLASSES during March Break; March 15 – 21, 2010.

Please note: Classes will run as scheduled Thanksgiving, Easter and Victoria Day Weekend.

Spring Memberships

All athletes must skate only on the sessions for which they qualify and only if space permits. All athletes must designate their choices of free skate sessions. Spring memberships are subject to 5% G.S.T. Ballet and fitness classes may be purchased separately and must be designated.

Memberships	Weeks	Dates	2 skates / week	4 skates / week
Spring	9	April 12 – June 13, 2010	\$210.00	\$415.00

Ticket Prices

Tickets can be used on all qualified sessions and if space permits. Tickets are valid for 1 year from the date of purchase. Please note that ticket ice will not be available on sessions with 25 or more athletes who have purchased a membership. Please call ahead to confirm availability. All ticket purchases include the 5% G.S.T.

Single Ticket	\$15.00
Book of 10 Tickets	\$140.00
Book of 20 Tickets	\$257.00



Canadian Ice Academy

Fall/Winter/Spring Application

Name:	Date of Birth: M:	D:	Y:	Age:
Parent or Guardian:				
Address:				
City:	Prov./State:	Postal/Zip:		
Phone#: Home:	Bus:	Cell:		
Email:				
Skate Canada #:				
Home Club:	Club#:			
Highest Test Passed:				
Coach Name:	Coach Phone#:			
Coach Email:				

CIRCLE, HIGHLIGHT & FILL OUT ALL INFORMATION

High Performer Program:	AM	or	PM				
Level:	A	B	C	D	E	F	
Membership Package:	1	2	3	4	5	6	7
Non Prime Time	or	Prime Time					
Spring Memberships:	2 skates per week		or	4 skates per week			
Designated Free Skate Days & Times: (Prime Time & Spring Memberships)							
1.			2.				
3.			4.				
5.			6.				
7.			8.				
Designate Ballet Days & Times:	1.			2.	3.		
Designate Fitness Days & Times:	1.			2.	3.		

FILL IN APPLICABLE FEES

Administration Fee: (After August 28, 2009)	\$
Membership Package:	\$
Spring Membership:	\$
	Sub Total \$
	G.S.T. 5% \$
	Skate Canada Registration \$
	TOTAL \$
	Minus Deposit \$
	Balance Owing \$

A \$300.00 minimum deposit is required at the time of registration. Payment plans are available. Visa, Master Card, Debit Cards, Amex, cash and cheques are accepted. The Applicant and parent/guardian agree that the Canadian Ice Academy and its proprietors will not be responsible for any accident or loss or injury, however caused, and to release the proprietors and employees from all claims or damages which may arise as a result of such accident, loss or injury. In case of emergency, I hereby give permission to seek out medical treatment my child or I may require. I also agree to the terms of this application and payments. The Canadian Ice Academy holds a no refund policy.

Signature (Parent or Guardian if applicant under 19)

Canadian Ice Academy



Junior CanSkate, CanSkate, Advanced CanSkate & High Performer Junior Academy Fall/Winter/Spring Application

Name: _____

Date of Birth: M: _____ D: _____ Y: _____ Age: _____

Parent or Guardian: _____

Address: _____

City: _____ Prov./State: _____ Postal/Zip: _____

Phone#: Home: _____ Bus: _____ Cell: _____

Email: _____

Skate Canada #: _____

Home Club: _____ Club#: _____

Highest Level/Test Passed: _____

CIRCLE OR HIGHLIGHT SELECTION(S):

	Tuesday	Friday	Saturday	Sunday
Jr CanSkate	5:15 pm	6:00 pm	12:00 pm	12:00 pm
	5:45 pm	6:30 pm	12:30 pm	12:30 pm
CanSkate	5:15 pm	6:00 pm	12:00 pm	12:00 pm
Advanced CanSkate (Olympic)				
	5:15 pm	6:00 pm	12:00 pm	12:00 pm
High Performer Junior Academy (must register for both Tuesday & Friday)				
	4:30 pm – 6:00 pm	5:00 pm – 7:00 pm		

FILL IN APPLICABLE FEES

Winter 1	13 weeks	September 22, 2009 – December 20, 2009	\$
Winter 2	13 weeks	January 5, 2010 – April 11, 2010	\$
Winter 1 & 2	26 weeks	September 22, 2009 – April 11, 2010	\$
Spring	8 weeks	April 13, 2010 – June 6, 2010	\$
		Sub Total	\$
		G.S.T. 5%	\$
		Skate Canada Registration	\$
		TOTAL	\$

Visa, Master Card, Debit Cards, Amex, cash and cheques are accepted.

The Applicant and parent/guardian agree that the Canadian Ice Academy and its proprietors will not be responsible for any accident or loss or injury, however caused, and to release the proprietors and employees from all claims or damages which may arise as a result of such accident, loss or injury. In case of emergency, I hereby give permission to seek out medical treatment my child or I may require. I also agree to the terms of this application and payments. The Canadian Ice Academy holds a no refund policy.

Signature (Parent or Guardian)

Memberships and Fees

	On Ice Training	Ballet/week	Fitness/week	Price
Membership 1	8 skates per week	2	1	\$3,335.00
Membership 2	6 skates per week	2	1	\$2,887.00
Membership 3	4 skates per week	1	0	\$1,792.00
Membership 4	3 skates per week	1	0	\$1,568.00
Membership 5	2 skates per week	1	0	\$1,212.00
Membership 6	1 skate per week	1	0	\$812.00
Membership 7	1 skate per week	0	0	\$444.00
Additional Ballet & Fitness per membership package				\$389.00

All Memberships are valid from September 7, 2009 to June 13, 2010. (40 weeks in total)

All Prime Time athletes must designate their free skate times.

All Non Prime Time & Prime Time athletes must designate their ballet and fitness classes.

All ballet, fitness and jump classes will commence the week of September 21, 2009.

All ballet, fitness and jump classes are cancelled December 21, 2009 – January 3, 2010; March 15 – 21, 2010. (35 weeks in total)

Junior CanSkate, CanSkate, Advanced CanSkate & HP Junior Academy

Ice Schedule: Olympic Arena

Time	Tuesday	Time	Friday	Time	Saturday & Sunday
5:15	Jr CanSkate	6:00	Jr CanSkate	12:00	Jr CanSkate
5:45	Jr CanSkate	6:30	Jr CanSkate	12:30	Jr CanSkate
5:15	CanSkate Levels 1 – 6, Adv CanSkate, HP Jr Academy 6:00 – 6:15 FreeTime/ Private Lessons	6:00	CanSkate Levels 1 – 6, Adv CanSkate, HP Jr Academy 6:45 – 7:00 FreeTime/ Private Lessons	12:00	CanSkate Levels 1 – 6, Adv CanSkate 12:45 – 1:00 FreeTime/ Private Lessons

Junior CanSkate

This 'Skate Canada' program is designed for the very beginner skater. This is a learn to skate program for children at the ages of 3 & 4 years with little or no skating background. They will receive one half hour of instruction with a certified coach. All sessions will be on the Olympic Ice surface.

Tuesday	Friday	Saturday	Sunday
5:15 pm	6:00 pm	12:00 pm	12:00 pm
5:45 pm	6:30 pm	12:30 pm	12:30 pm

Junior CanSkate Memberships & Fees

Winter 1	13 weeks	September 22 – December 20, 2009	\$156.00
Winter 2	13 weeks	January 5 – April 11, 2010	\$156.00
Winter 1&2 combined	26 weeks	September 22, 2009 – April 11, 2010	\$297.00
Spring Jr CanSkate	8 weeks	April 13 – June 6, 2010	\$ 96.00

CanSkate

This 'Skate Canada' learn to skate program teaches the basic skills of skating; forward, backward, stopping, spinning, turning and jumping thus creating the foundation for more advanced skating skills and development. As your child progresses, badges are awarded at the completion of 6 testing levels.

This program is for children at the ages 5 years & up with little or some skating experience or who have been in the program previously. They will receive a 60 minute session, 10 minute warm-up, 30 minutes of instruction from a certified coach and a 5 minute cool down period. FreeTime/Private Lessons will be the last 15 minutes of every session. All session will be on the Olympic Ice surface

Tuesday	Friday	Saturday	Sunday
5:15 pm Levels 1-6	6:00 pm Levels 1-6	12:00 pm Levels 1-6	12:00 pm Levels 1-6

Advanced CANSkate (Canadian Ice Academy Program)

A Talent ID Development Program which introduces basic figure skating skills including stroking, turning, spinning & jumping. Entrance into the program is by a letter of invitation, audition and/or at the discretion of the Director. Lessons are given in a group format. It is encouraged that you start semi private or private lessons which can be arranged by the director or coordinator. This is a fast track program for children who have been identified as having an aptitude for skating from our CanSkate program. Coaches will make recommendations for the approval of the Coordinator and the Director of Skating in order to be selected for this program. Choose 1, 2, 3 or all 4 days. FreeTime/Private Lessons will be the last 15 minutes of every session. All sessions will be on the Olympic Ice surface.

Tuesday	Friday	Saturday	Sunday
5:15 pm	6:00 pm	12:00 pm	12:00 pm

CanSkate & Advanced CanSkate Memberships & Fees

Winter 1	13 weeks	September 22 – December 20, 2009	\$205.00
Winter 2	13 weeks	January 5 – April 11, 2010	\$205.00
Winter 1&2 Combined	26 weeks	September 22, 2009 – April 11, 2010	\$388.00
Spring CanSkate/AdvCS	8 weeks	April 13 – June 6, 2010	\$126.00

Ice Schedules

Olympic Arena

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 Open	6:45-7:45 Open	7:00 Open	6:45-7:45 Open	7:00 Open	7:00 ABCDEF	7:00 ABCDEF
8:30 Open	8:30 Open/HP Studio Rink	8:30 Open	8:30 Open/HP Studio Rink	8:30 Open	8:15 ABC	8:15 DEF
9:45 Open/HP	9:45 HP Studio Rink	9:45 Open/HP	9:45 HP Studio Rink	9:45 Open/HP	9:30 Open	9:30 ABC
11:00 ABC/HP	11:00 Open	11:00 ABC/HP	11:00 Open	11:00 ABC/HP	10:45 DEF	10:45 Open
12:15 Open	12:15 Open	12:15 ADULTS	12:15 Open	12:15 Open	12:00 & 12:30 JrCS	12:00 & 12:30 JrCS
1:30 ABC/HP	1:30 ABC/HP	1:30 ABC/HP	1:30 ABC/HP	1:30 ABC/HP	12:00 CS/AdvCS 12:45 -1:00 FreeTime	12:00 CS/AdvCS 12:45 -1:00 FreeTime
2:40 ABC/HP	2:45 ABC/HP	2:40 ABC/HP	2:45 ABC/HP	2:40 ABC/HP		
3:50 ABCD	4:00 ABCDEF	3:50 ABCD	4:00 ABCDEF	3:50 ABCD		
5:00 ABCDE	5:15 & 5:45 JrCS 5:15 CS,AdvCS & HPJrA 6:00-6:15 FreeTime	5:00 ABCDE	5:15 DEF	5:00 ABCDEF		
6:00 DEF		6:00 DEF		6:00 & 6:30 JrCS 6:00 CS,AdvCS & HPJrA 6:45-7:00 FreeTime		

Legend, Levels and Test Requirements (must have passed to qualify)

- A - Senior, Junior & Novice Competitive Tests
- B - Pre-Novice Competitive Test & Gold Free Skate
- C - Juvenile Competitive Test & Senior Bronze Free Skate
- D - Pre Juvenile & Junior Bronze Free Skate
- E - Preliminary Free Skate
- F - CanSkate Level 4/5/6
- HP - High Performer
- HPJrA - High Performer Junior Academy
- Open - A/B/C/D/E
- AdvCS - Advanced CanSkate
- CanSkate - Skate Canada learn to skate program (Ages 5 years & up)
- Jr CanSkate - Just learning to skate (Ages 3 & 4 years)

Ballet, Fitness and Jump Classes

All applicants must **designate** their selected ballet and fitness class at the time of registration. Individual programs and training sessions, private or semi-private lessons are also available. Please speak directly with the instructors to arrange this.

Select your ballet and fitness classes from the schedule and fill in the times you are requesting on the application form.

There must be a minimum of 8 athletes pre-registered in order for the ballet or fitness class to proceed.

All ballet, fitness and jump classes will commence September 21, 2009.

All ballet, fitness and jump classes are cancelled: December 21, 2009 – January 3, 2010 & March 15 – 21, 2010.

Ballet

Vladimir Iablokov and Larissa Kouznetsova are our ballet teachers from St. Petersburg, Russia. They have years of experience working with figure skaters improving their movement and their artistic needs. This has proven to be a tremendous asset to our athletes. They will work to enhance the skaters' body awareness and movement, line control, music awareness and performance level.

Jump Classes

Jump classes will run in conjunction with the High Performer Program as well as the High Performer Junior Academy. This is a mandatory part of these programs with no substitutes or deletions. The instructor will be Robert L. O'Toole, Director of Skating. The athletes' coach is encouraged to attend.

Ballet Times & Jump Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
7:45		Jump Class		Jump Class			
8:45	ABC/HP		ABC/HP		ABC/HP	10:45	ABC
12:35	ABC/HP	12:45 Jump Class	ABC/HP	12:45 Jump Class	ABC/HP	12:00	DEF
4:30		HP Jr Ac Jump Class					
5:00	DEF		DEF		5:15 HPJrA		
6:15	ABCDE		ABCDE		ABCDE		

Fitness

Our state of the art fitness centre is dedicated to advancing the skaters' health, fitness and motivation level through sport specific conditioning and fitness training, thus reducing the risk of injury and improving consistent performance levels. Chris McNamara is our highly qualified instructor with a degree in Human Kinetics, a certified kinesiologist and a certified personal trainer. Parents can work out while their children are on the ice! Monthly memberships and private sessions are available. Please contact our Fitness Director at: 905-625-7528 or email: chris@canadianiceacademy.com

Fitness Times

Time	Monday	Tuesday	Wednesday	Thursday
11:00		ABC/HP		ABC/HP
4:00	ABCDE	ABC/HP	ABCDE	ABC/HP
5:00	DEF	5:15 ABCD	DEF	5:15 ABCD

Programs, Memberships and Fees

High Performer Program

September 7, 2009 – June 11, 2010

The **High Performer Program** is designed for athletes who are in an Academic/Athletic cooperative program or home schooled. We are affiliated with **Hollycrest Middle School** (grades 5 through 8) and **Silverthorn Collegiate Institute High School**.

These athletes must purchase a full 5 day training membership, which includes 2 hours of designated on ice training per day , Monday to Friday (a.m. or p.m.), 3 ballet classes per week & 2 fitness classes per week in order to maintain their status in the affiliated academic program. These membership packages & sessions are non transferable and are designated for the season.

Hollycrest Middle School – Accepting High Performer athletes from grades 5 – 8.

630 Renforth Drive, Etobicoke ON M9C 2N6 416-394-7050 Attn: Kim Campbell
<http://schools.tdsb.on.ca/hollycrest>

Silverthorn Collegiate Institute – Accepting High Performer athletes from grades 9 – 12.

291 Mill Road, Etobicoke ON M9C 1Y5 416-394-7010 Attn: Mr. Arduini
<http://schools.tdsb.on.ca/silverthornci>

High Performer Schedule AM	Monday/Wednesday/Friday	Tuesday/Thursday
	8:45 am Ballet	7:45 am Jump Class
	9:45 am On Ice	8:30 am On Ice (Studio)
	11:00 am On Ice	9:45 am On Ice (Studio)
		11:00 am Fitness
High Performer Schedule PM	Monday/Wednesday/Friday	Tuesday/Thursday
	12:35 pm Ballet	12:45 pm Jump Class
	1:30 pm On Ice	1:30 pm On Ice
	2:40 pm On Ice	2:45 pm On Ice
		4:00 pm Fitness

*Please note: Schedules & classes may alter depending on enrollment.

	On Ice Training	Ballet/week	Fitness/week	Price
High Performer AM or PM	10 skates per week	3	2 + 2 jump classes	\$4,190.00

Non Prime Time Athletes

September 7, 2009 – June 13, 2010

Sessions 9:45 a.m. to 3:45 p.m. & Weekends

ABCDE level athletes who wish to skate on non prime sessions and weekends can design and organize their own training schedules. **Non prime time athletes are asked to designate their ballet and fitness times.** All athletes must skate on only the sessions for which they qualify. Additional fitness and/or ballet classes can be organized, added and purchased separately.

Prime Time Athletes

September 7, 2009 – June 13, 2010

Sessions 3:50 p.m. to 7:00 p.m. & Weekends

ABCDEF level athletes who wish to skate on prime time sessions and weekends and on a pre-organized schedule. **All skating sessions, ballet and fitness classes must be selected and designated.** They are set, non negotiable and cannot be exchanged for alternate ice times or classes. All athletes must skate on only the sessions for which they qualify. Additional fitness and/or ballet classes can be organized, added and purchased separately.

Please review the master schedules to organize, design and designate all of your free skate sessions as well as your ballet and fitness classes.