



NSC Summer Camp  
2025



# Parent Guide

To Answer All of Your Questions



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# Welcome!



Dear NSC Summer Camp Families,

Welcome to Newmarket Skating Club's Summer Camp!

We are grateful and excited that you have chosen for your skater to spend part of their summer with us! Continuous year round training is extremely important for your skater's development and our coaches and camp counsellors have created a program that maximizes training time, while still allotting time for fun activities and crafts during our day. Our program features skating training, alongside off-ice conditioning and information classes to ensure skaters are provided a well-rounded and enriching camp experience.

Let's glide into a summer of fun, fitness and fantastic memories together!

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## General Information

Before your camper begins their time with us, we ask that you complete the google form sent to your email. This form will ensure that we have all of the information needed for your camper's safety.

A link to the form can also be found here: [Camper Information Form](#)

### ARRIVAL

Parents are asked to drop off their campers between 7:30 to 8:00 am to Multi-Purpose Room 2 (Camp Central). Camp supervision and spaces will not be available to campers prior to the drop off time. Late arrival will result in your skater most likely missing out on class time or ice time that they will not be able to make up.

When dropping off your skater, we will ask you to sign in at the table outside the room and drop their skates and skate bag off in the assigned dressing room. The lunch bags and other items can be brought to Camp Central, as that will be their main area.

### DISMISSAL

Dismissal for our full day campers will be from 3:45 to 4:00 pm. To pick up your camper, we require the person picking up to show their identification to prove that they are an authorized pick-up person. If they are found to not be on the list of authorized people you have provided, they will not allowed to take your camper, unless previously stated. Even if we know you well, we still require ID.

## Bags Brought to Camp

We suggest that each camper brings 2 separate bags (3 possibly if attending a swim week). One bag containing their skating equipment and clothing. The other bag containing their lunch bag, water bottle, and any other things you would like them to bring.

If attending a swim week, a separate bag might be necessary to hold their swimsuits, towels and wet clothes.

### WHAT TO BRING

- Running shoes
- Skates
- Proper skating attire
  - Helmets if needed (Canskaters)
- Water bottle
- Lunchbag
  - 2-3 snacks and a lunch
- Sunscreen
  - We will be outside if the weather permits

### WHAT NOT TO BRING

- Toys
  - May get lost
- Electronics
  - Phones can be an exception
- Snack/Food with nut products
  - Please note that this camp is a peanut/nut free space. Ensure that food brought is school safe
- Money/Valuables
  - We prefer for campers to not buy items from the vending machines

If a camper were to bring their phone, we suggest that they leave it in the phone holder found in Camp Central as that is the only space monitored and locked if empty. This will be the safest place for their phone.

The Newmarket Skating Club is not responsible for any lost, stolen or damaged items.

## Camp Shirts

Campers will receive a Camp T-shirt on their first day of camp. We ask that they wear their camp shirt throughout the week.

We have a variety of colours and sizes for the campers to choose from. The shirts have our summer camp logo, as well as our camp name. Wearing these shirts will ensure other programs know that they are attending our camp, not another camp at the facility.



NSC'S  
SUMMER CAMP PROGRAM



## Skating

### STARSKATE

Star Skaters are provided at least 2 hours of regular session time, as well as two on ice classes each day. During their sessions, they will have lesson time with their coaches to develop their skills and technique as their coaches see fit.

### CANSKATE

CanSkaters will have a 1 hour session that follows the Skate Canada curriculum. For more information about the Skate Canada CanSkate program, you can visit the Skate Canada website: [skatecanada.ca/learn-to-skate/canskate/](https://skatecanada.ca/learn-to-skate/canskate/)

## Off Ice Training

Skaters of all levels will have off ice training classes led by one of our coaches. These classes will focus on flexibility, mobility, coordination and cardiovascular training, as well as figure skating specific skills such as jump, spin and movement classes.



StarSkaters will have at least 1 hour of off ice classes daily. CanSkaters will have 30 minutes of off ice classes daily. The content provided in these classes may be similar for each level but the difficulty will vary depending on the level of the class.

Equipment used during each class will be provided by the club including mats, skipping ropes, spinners, jumping aids, and more. Skaters are however allowed to bring in their own equipment.

# Information & Goal Setting

Knowledge of skating and learning how to set goals is crucial for a skater's development. In the information and goal setting classes provided, skater's will learn how to set realistic goals, develop strategies to achieve them and create a plan to track their progress. They will also learn how to strategize their skating to improve their competition and test performances.

## Swimming Lessons

Our camp is so fortunate to have the opportunity to partner with the swimming instructors found at the Magna Center facility. This partnership allows us to offer swimming lessons during the designated weeks. This gives campers the opportunity to continue with their skating training, as well as develop other abilities in aquatics and work through the swimming levels.



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## Week Themes

Each week will have a general theme that all Camp room activities will be based off of. Each week we will plan out games and crafts that will correspond to the theme; ensuring that every day offers something new and engaging. The week's theme will be introduced to the campers at the beginning of the week, giving campers an exciting preview of what's to come. This approach will not only keep the camp organized but also enhance the campers' overall experience by tying everything together in a fun and meaningful way.

### THIS YEAR'S THEMES

- Western
- Circus
- Disney
- Beach
- Halloween
- Superheroes
- Slumber Party

### DRESS UP FRIDAYS

We encourage all skaters to dress up and participate in our weekly themes! Skaters are asked to dress up in themed costumes or outfits that relate to the theme of the week. All skaters that participate will be rewarded with our incentive program.



NSC'S  
SUMMER CAMP PROGRAM

# Daily Schedule

Each day, our camp will follow the same training schedule/format, however, classes and activities will vary based on the day and week themes.

DAILY SCHEDULE																																													
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7:50	Skates On																																												
8:00	On Ice		Drop-Off																																										
8:10			Set Up + Warm Up																																										
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8:30																																													
8:40			Skates On	Info Class	Activity																																								
8:50	Power Class																																												
9:10	FLOOD																																												
9:20	Goal Setting + Snack		On Ice	Off Ice																																									
9:30				Goal Setting + Snack																																									
9:40	Off Ice																																												
9:50			Skates On																																										
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10:40	Lunch																																												
10:50			Off Ice																																										
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11:20	Off Ice		Lunch	Lunch	Lunch																																								
11:30																																													
11:40	Skates On		Off Ice	Off Ice																																									
11:50	Creative Movement		Off Ice	Off Ice																																									
12:00	FLOOD																																												
12:10	Info Class	On Ice			Activity																																								
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12:30	Off Ice	Skates Off	Creative Movement																																										
12:40		Info Class																																											
12:50	Half Day Home Time																																												
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15:50																																													
16:00																																									Full Day Home Time				

# Incentive Program

Our camp offers an incentive program that we use to encourage active participation, steady progress, and friendly competition for each individual skater. We reward each skater with camp money when they display hard work ethic, good attitude, general skating knowledge, achieve the goals they set out to do and so much more. Skaters will be continually monitored by coaches, skating staff and other members of our summer camp who will be able to gift camp money to the skaters.



## Camp Money

Camp money is pretend money that we have created to symbolize campers being given a monetary reward for their hard work. Money can be earned throughout the day and can be used to buy prizes at the end of each camp week. Money not spent can be saved up for future weeks to buy bigger and better prizes.

## Prizes

Every Friday afternoon, a prize table will be set up for the campers to spend all of their hard earned money. Prizes will range from small items including pencils, candy, and small toys, to large prizes that may include large stuffed toys and Squishmellows.

## Cup Competition



Each week, full day campers will be split up into teams that will compete in a series of games and activities that relate to the theme of the week. Each team will compete to win the cup of the week and the counsellors at the end of the week will vote on the camper who displayed the most sportsmanship and hardest work; that camper will be our MVP and win a prize.

The Cup Competition will encourage campers to work as a team and make new friends that they may not have made outside of the competition. It is our goal to create a fun and friendly environment through competition.