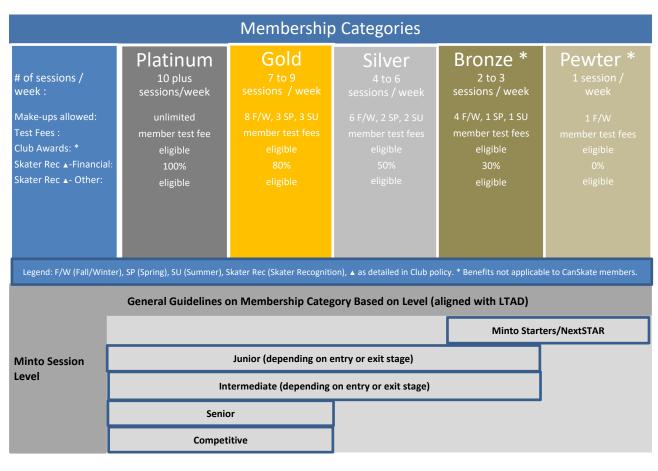
Minto Skating Club 2019-20 Membership Structure

As Skate Canada implements the LTAD (Long Term Athlete Development) program, Minto has aligned its program delivery through our LEAD Initiative – Learn, Engage, Achieve, and Develop. LEAD aims to provide the best skating experience for every level of skater through education opportunities, support for skater development, and high quality programming.

Our membership tiers are aligned with the LTAD model, which suggests training based on skating level, age, and goals. Minto is committed to fairly providing "added value" benefits to our members and will continue to develop and improve our membership structure to best meet the needs of our skaters.



Summary of LTAD Guidelines Learn/Live to Win (Junior and Senior - International) age 13 - 19 / 15+ (F), 14 - 21 / 15+ (M) · 3 to 4 sessions/day, 5 days/week, 44 to 48 weeks/year off-ice 10 to 14 sport specific hours per week Train to Compete (Novice to Senior) age 10 - 16 (F), 11 - 17 (M) 2 to 3 sessions/day, 5 days/week, 44 to 48 weeks/year off-ice 4 to 13 sport specific hours per week Active for Life (StarSkate & AdultSkate) Learn to Compete (Juvenile to Pre-Novice) · all ages age 9 - 13 (F), 10-14 (M) • 1 – 3 sessions/day, 1 – 6 2 sessions/day, 4 to 5 days/week, 44 to 46 weeks/year days/week, 25 -40 off-ice 3 to 5 sport specific hours per week weeks/year Learn to Train (STAR 1 through 5 to Pre-Juvenile) • Off-ice 3 - 5 hours/week age 7 - 11 (F), 8 - 12 (M) • 1 to 2 sessions/day, 2 to 5 days/week, 20 to 44 weeks/year · off-ice 1 to 3 sport specific hours per week (low range is for entry level, high range for exit level) Learn to Skate (CanSkate & Minto Starters) age 3 - 8 (F), 3 - 9 (M) 1 session/day, 1 to 4 days/week, 10 to 40 weeks/year (low range is for entry level, high range for exit level)

The above is a high level summary; please see the Skate Canada website (www.skatecanada.ca) for complete details on the Long Term Athlete Development Program.