

# Tri Area Skating Club Program Chart

## Pre-CanSkate

This Group Learn to Skate Class is an introduction to skating primarily through games, circuits and creative expression, in a safe and fun environment. Participants must be 3 years old by July 1, 2016. **A CSA approved helmet is mandatory.**

## CanSkate

Skate Canada's Learn to Skate Program. Participants earn badges/ribbons while focusing on 3 fundamental areas (Agility, Balance and Control) divided into 6 stages. Music, warm-up, lessons, fun zone, fast track and cool down provide an exciting and fun group program. Skaters must be 5 years old by July 1, 2016 or have passed the Pre-CanSkate Program. **A CSA approved helmet is mandatory.**

## Junior StarSkate (Learn to Train)

For skaters who will be working on Star 1 – 3 Freeskate (Preliminary), and Star 1 – 5 Dance and Skills (Preliminary – Junior Bronze). This program focuses on mastering the basics, developing speed, control, agility and flexibility. Skaters will participate in Skate Canada Tests, and may compete if desired. There will be group lessons, as well as opportunity for practice and private lessons with your Coach.

## Intermediate StarSkate (Learn to Compete)

For skaters who have passed complete Star 3 FreeSkate (Preliminary) and Star 5 Dance or Skills (Junior Bronze). The skater will have the option to compete in various competitions if desired. Skaters are not required to compete in order to take Skate Canada tests. Group skating sessions include stroking, endurance, field moves, footwork, and turn/edge classes focusing on the skater's cardio, power, control, and agility.

## AdultSkate (Active for Life)

Adult skating is growing, and TASC is currently offering recreational, test and competitive opportunities. Adults may participate in CanSkate, StarSkate and/or CanPowerSkate programs. Adults can book ice time with the Club and hire a Coach for Private Lessons.

## Pre-Power

For skaters Initiation/Novice Level. A hockey based group program focusing on the basics as well as power, agility, speed and endurance. Skaters must already have basic skating skills and be able to stop.

## CanPowerSkate

For skater Atom/Pee Wee and up. This group program stresses balance, power, agility, speed and endurance skills, which are all hockey based. Skaters should already have strong basic skating skills and must be able to skate backwards.

**\*\* For Both Programs:** Full hockey / ringette equipment recommended.

## Advanced CanSkate

An Advanced Group Learn to Skate Program for those skaters wanting to continue working on their CanSkate Badges in a more challenging environment, from Stage 3–6. Skills will include crossovers, turns, 1 foot skating, jumping, and drills to enhance your speed and power. Must have minimum one Stage 3 ribbon. Skaters will move into this program upon approval of the Group Program Coordinator. **A CSA approved helmet is mandatory.**

## Group StarSkate/Adv Group StarSkate (Learn to Figure Skate)

Group Learn to Figure Skate Program who have passed complete Stage 4 Badge. It's a skater's first introduction to the StarSkate Program. Two scheduled "Meet the Coach Days", give the skaters an opportunity to have semi-private lessons with our Senior Coaches.

The Advanced Group StarSkate skate 1 - 2 day/wk with the Group StarSkate and 1 day with the Junior StarSkate program. Skaters will be required to take private or semi-private lessons.

Lessons will be assigned by the Club Director

Skaters will enter this program upon approval of the Club Director.

## Senior StarSkate/Competitive Skate (Train to Compete)

For skaters who have passed Star 5 Freeskate (Junior Bronze) + passed complete Senior Bronze Dance and Skills. The skater will have the option to compete in various competitions if desired. Skaters are not required to compete in order to take Skate Canada tests. Group skating sessions include stroking, endurance, field moves, footwork, and turn/edge classes focusing on the skater's cardio, power, control, and agility.