

Blackfalds Skating Club Progression Guideline

Pre-Canskate

This group lesson format program is a learn-to-skate program that is geared to beginners between the ages of 3-5 years. Skaters must be 3 by July 1 of the skating year and must be potty trained. This program emphasizes positive learning through fun and play. **A CSA approved helmet and face mask is mandatory.**



Canskate

This program stresses progressive learning through fundamental movements explored in 6 stages focusing on Balance, Control and Agility. Music, warm up, lessons, fun zone, fast track and cool down provides an exciting and fun group program. As the skaters progress through each of the stages they may be awarded ribbons, once a complete stage is successfully achieved a badge will be awarded. Skaters must be at least 5 years of age by July 1 of the skating year. **A CSA approved helmet is mandatory.**

PreStarskate (Junior Starskate – Learn to Train)

For skaters who have not passed the complete Preliminary Freeskate Test. This program focuses on the basics development of Figure Skating techniques. Skaters will participate in Skate Canada Tests and may compete if desired. There will be group lessons, as well as the majority of this group will take a private instruction from one of our club coaches.



Starskate (Learn to Compete/Train to Compete)

Skaters who have passed the complete Preliminary Freeskate test or higher. The skater will have the option to compete at multiple competitions if desired and will test throughout the season. Majority of ice time will be spent practicing skills learned in private lesson with your coach. Group sessions will include stroking, field moves, footwork and turn/edge classes.

Pre-Power Powerskate

(will be incorporated into the Canskate session this season)

A hockey based groups 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. **A CSA approved helmet is mandatory.**

**Hockey/Ringette equipment may be recommended

CanPowerSkate

For skaters Initiation level and up. This group program stresses balance, power, agility, speed and endurance skills, which are all hockey /ringette based. Skaters should already have strong basic skating skills and must be able to skate backwards. For those coming from the Canskate program, Stage 3 would be the pre-requisite. **A CSA approved helmet is mandatory.**

**Hockey/Ringette equipment is requested

Group Starskate (Learn to Figure Skate)

Introduces skaters to all disciplines of figure skating – freeskate, dance, skating skills and interpretive. It is an excellent opportunity for skaters to achieve personal growth and development in a group atmosphere. Skaters will have an opportunity to take private lessons in conjunction with the group lessons provided by the program registration. These skaters may test and compete throughout the season.

AdultSkate (Active for Life)

This program is designed for those just learning how to skate and welcomes those who have skated in the past and looking to polish up some skills.

This session will have a mixture of some group work as well as some individual coaching based on the needs of the participants. This program will be taught by a Skate Canada Certified Professional Coach.