



ADVANCED CANSKATE

Advanced CanSkate is an introduction to all aspects of figure skating - free skate, ice dance, skating skills & interpretive skating. This program has been designed "to bridge" the skaters between CanSkate and STARSkate. Advanced CanSkate introduces skaters to the skills in edges, stroking, freeskate, turns, dance, and performance. The program reinforces daily, proper warm-up and practice technique. Confidence and the ability to work independently at this level is another focus of this program. This program is team taught, by the club coaches, in small groups - skater to coach ratio is approximately 7:1. Skills will be monitored, and in the event that a skater is ready to take a Skate Canada test, they will be notified.

It is recommended that the skater have completed badge 3 in the CanSkate program and/or have been recommended by a club coach. The skater must be able to skate forwards, backwards, be able to stop and be over 5 years old. **ALL PARTICIPANTS IN THE ADVANCED CANSKATE PROGRAM MUST WEAR FIGURE SKATES.**

Group lessons are offered 4 times per week. Rapid, quality progress in figure skating requires private lessons, sufficient ice time and proper equipment in good working order.

Progress will be accelerated if your child skates two or more times a week and/or has private lessons. Private or semi-private lessons may take place at any time and should be arranged directly with your private coach. If you don't yet have a private coach a list of fully qualified instructors appears on the club website (www.skatesaskatoon.com). Please contact any one of these coaches directly for more information.