



SKATE CANADA
RED DEER SKATING CLUB

PRESTARSKATE PROGRAM

WHAT IS PRESTARSKATE?

Skills, Tests, Achievement, Recognition – this is what STARskate is all about!

The Red Deer Skating Club's PreSTARskate is an introductory program designed to teach the elements of figure skating. STARskate offers opportunities for skaters to develop skills in the areas of ice dance, skating skills, freeskate, and interpretive skating. This program teaches figure skating skills in a group lesson format in a progressive and sequential manner and includes specifically designed awards and incentives.

For Prestarskate you will need to wear white lace up figure skates (not molded or recreational skates with velcro or buckles). You will need mitts and a form fitting jacket as well as yoga pants or leggings or a skating dress (a dress is not mandatory). Please remember to wear layers at it is cold. Also have your child's hair pulled back off their face so they can see where they are going.

QUALIFICATIONS: *Skaters must have completed CanSkate Level 5 or have been recommended by one of our coaches or have attended a previous PreSTARskate program. This is not a learn-to-skate program.*

Skaters have the opportunity to take private lessons with any of the Red Deer Skating Club's coaching staff at any time. If you are interested in finding out how to set up private lessons, please contact the club at (403) 358-1701 or email to skatereddeer@hotmail.com. You also may contact the coach of your choice directly. Skaters who wish to have private lessons from a coach may do so either during your PreSTARskate session or on another Junior or Open session during the week. There will be an additional ice cost and coaching fee for private lessons.

PROFESSIONAL COACHES:

TAMMIE PAUL
NCCP Level III
Coaching Since: 1977
Rate: \$14.00
Phone: (403)506-3531
skatetammie@telus.net

LANA BELLMORE
NCCP LEVEL II
Coaching Since: 1991
Rate: \$12.00
Phone: (403)754-2977
lanabellmore@gmail.com

PATTI SOMER
NCCP LEVEL III
Coaching Since: 1984
Rate: \$13.00
Phone: (403)342-7230
pattisomer@gmail.com

JESSICA SERGEANT
NCCP Level 1 Trained
Coaching Since: 2014
Rate: \$10.00
Phone: (780) 999-4192
jess.sergeant@hotmail.com

KATELYNN JEHN
NCCP Level 1 Trained
Coaching Since: 2012
Rate: \$ 7.50
Phone: (403) 896-8835
katelynljehn@hotmail.com

SPRING 2016 PRESTARSKATE PROGRAM

DAYS: Monday & Wednesday

DATES: April 4, 6, 11, 13, 18, 20, 25, 27 and May 2, 4

TIME: 4:00 – 5:00 pm

PLACE: Collicutt Center 3031 30th Avenue

COST: \$160.00 (full session Monday and Wednesday – 10 sessions)

\$90.00 (Monday Only – 5 sessions)

\$90.00 (Wednesday Only – 5 sessions)

(cost includes coaching, ice and registration fees)

There are 30 spots available. Registrations are accepted on a first come, first serve basis. All registration will be done on the website: www.skatereddeer.com; no phone registrations will be accepted. **Deadline to register: Sunday March 27, 2016.**

PreSTARskate skaters may share the ice with other club skaters.