



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 as 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 4 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. Please contact the coaches directly to make arrangements for lessons. 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 fee for extra ice and a coaching fees for private lessons. If you have any questions; please contact the club at (403) 358-1701 or email: skatereddeer@hotmail.com.

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)506-1880
lanabellmore@gmail.com

PATTI SOMER
NCCP LEVEL III
Coaching Since: 1984
Rate: \$13.00
Phone: (403)396-3964
pattisomer@gmail.com

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

SPRING 2017 PRESTARSKATE PROGRAM

DAYS: Monday & Wednesday

DATES: April 3, 5, 10, 12, 19, 24, 26 and May 1, 3, 8

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. REGISTER AT: www.skatereddeer.com. NO SKATING April 17th Easter Monday.

Deadline to register: Sunday March 26, 2017. PreSTARskate skaters may share the ice with other club skaters.

REGISTRATION OPENS: Monday February 27, 2017