



# 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, freestyle, 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](mailto:skatereddeer@hotmail.com). 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  
38 Years Experience  
Rate: \$14.00  
Phone:(403)506-3531  
[skatetammie@telus.net](mailto:skatetammie@telus.net)

**LANA BELLMORE**  
NCCP LEVEL II  
23 Years Experience  
Rate: \$12.00  
Phone: (403)754-2977  
[lanabellmore@gmail.com](mailto:lanabellmore@gmail.com)

**PATTI SOMER**  
NCCP LEVEL III  
30 Years Experience  
Rate: \$13.00  
Phone: (403)342-7230  
[pattisomer@gmail.com](mailto:pattisomer@gmail.com)

## SUMMER 2015 PRESTARSKATE

June 29<sup>th</sup> – July 24<sup>th</sup>

**TIME:** 9:45am – 10:45am  
**PLACE:** Collicutt Center Arena @ 3031 30<sup>th</sup> Avenue  
**DATES:** **Week #1** June 29<sup>th</sup> – July 3<sup>th</sup> (no skating Wed. July 1<sup>st</sup>)  
**Week #2** July 6<sup>th</sup> - 10<sup>th</sup>  
**Week #3** July 13<sup>th</sup> - 17<sup>th</sup>  
**Week #4** July 20<sup>th</sup> - 24<sup>th</sup>

(cost includes: coaching, ice fees and a stroking session)

**There are 20 spots available/coach.** Registrations are accepted on a first come, first serve basis. No phone registrations will be accepted. Deadline to register is June 15, 2015. PreSTARskate skaters will share the ice with the Open session. Numbers will be limited for both groups of skaters. You will be contacted with confirmation of your registration.

**RED DEER SKATING CLUB**  
**SUMMER 2015 PRESTARSKATE REGISTRATION FORM**  
**June 29<sup>th</sup> - July 24<sup>th</sup>**

**Please fill out registration form and mail to:**  
**Red Deer Skating Club Box 25023 Deer Park P.O. Red Deer, AB T4R 2M2**  
**Patti Somer, Club Administrator (403) 358-1701**

Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 Address \_\_\_\_\_ Phone # \_\_\_\_\_  
 City \_\_\_\_\_ Postal Code \_\_\_\_\_  
 Email \_\_\_\_\_ A.H.C. # \_\_\_\_\_  
 Home Club Red Deer Skating Club Club # 1000147  
 Last level passed \_\_\_\_\_  
 Skate Canada Registration # \_\_\_\_\_ Parent(s)/Guardian(s): \_\_\_\_\_

**FEES:**

Full fee must be included: **Chq #** \_\_\_\_\_

- |   |                          |                 |               |
|---|--------------------------|-----------------|---------------|
| <input type="checkbox"/> <b>Week #1</b>             | <b>\$75.00</b>           | \$ _____        |               |
| <input type="checkbox"/> <b>Week #2 or #3 or #4</b> | <b>\$90.00</b>           | \$ _____        | Week # _____  |
| <input type="checkbox"/> <b>Two Weeks</b>           | <b>\$150.00</b>          | \$ _____        | Weeks # _____ |
| <input type="checkbox"/> <b>Three Weeks</b>         | <b>\$225.00</b>          | \$ _____        | Weeks # _____ |
| <input type="checkbox"/> <b>Four Weeks</b>          | <b>\$300.00</b>          | \$ _____        | Weeks # _____ |
| <input type="checkbox"/> <b>Off Ice:</b>            | Total # of classes _____ | X <b>\$5.00</b> | = \$ _____    |

**TOTAL: \$ \_\_\_\_\_**

Please make cheque payable to the Red Deer Skating Club.

**CANCELLATION/REFUND POLICY:**

20% of total registration fee will be returned for any cancellation except for injury & with Dr's certificate. No refunds after June 26<sup>th</sup> except with Doctors certificate.

I have read and understand the cancellation/refund policy.

**PARENTAL RELEASE and CONSENT:**

In consideration of the benefits awarded to us by acceptance of this application, the undersigned agrees to hold and save harmless, the Red Deer Skating Club and its Officers and Staff, from any claim and/or injury sustained during skating sessions or for the loss of property. The undersigned agrees to abide by all rules of the Red Deer Skating Club and of Skate Canada, as set forth in the rule book of the Association. The undersigned agrees to pay promptly for all lessons and other expenses.

I have read and understand the parental release and consent

DATE: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

## OFF ICE

The Red Deer Skating Club is offering an opportunity to work on fitness, flexibility, agility, strength, musicality and jump technique off of the ice. It is a chance to develop the necessary skills for skating on the floor and provides an opportunity to work with other athletes with the same passion. The classes cost just \$5.00 each and are taught by professionals in their field.

**PLEASE HIGHLIGHT OR CIRCLE THE CLASSES YOU WILL BE TAKING**

<b>WEEK</b>	<b>DATE</b>	<b>ACTIVITY</b>	<b>TIME</b>	<b>LOCATION</b>	<b>COST</b>
WEEK #1	Jun 30	Dance Class	1:15-2:15PM	Collicut Center	\$5.00
WEEK #1	July 2	Dance Class	1:15-2:15PM	Collicut Center	\$5.00
WEEK #2	July 7	Nutrition & Fitness Class	1:15-2:15PM	Collicut Center	\$5.00
WEEK #2	July 8	Yoga	1:15-2:00PM	Collicut Center	\$5.00
WEEK #2	July 9	Dance Class	1:15-2:15PM	Collicut Center	\$5.00
WEEK #3	July 14	Jump & Fitness Class	1:15-2:15PM	Collicut Center	\$5.00
WEEK #3	July 15	Yoga	1:15-2:00PM	Collicut Center	\$5.00
WEEK #3	July 16	Dance Class	1:15-2:15PM	Collicut Center	\$5.00
WEEK #4	July 21	Nutrition & Fitness Class	1:15-2:15PM	Collicut Center	\$5.00
WEEK #4	July 22	Jump Class	1:15-2:00PM	Collicut Center	\$5.00
WEEK #4	July 23	Dance Class	1:15-2:15PM	Collicut Center	\$5.00
WEEK #5	July 28	Nutrition & Fitness Class	1:15-2:15PM	Collicut Center	\$5.00
WEEK #5	July 29	Yoga	1:15-2:00PM	Collicut Center	\$5.00
WEEK #5	July 30	Jump Class	1:15-2:00PM	Collicut Center	\$5.00
WEEK #6	Aug 4	Nutrition & Fitness Class	1:15-2:15PM	Collicut Center	\$5.00
WEEK #6	Aug 5	Yoga	1:15-2:00PM	Collicut Center	\$5.00
WEEK #6	Aug 6	Dance Class	1:15-2:15PM	Collicut Center	\$5.00