



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 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). Boys can wear tight leg sweats or track pants. 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 Stage 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 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: \$15.00
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

There are 20 spots available. REGISTER AT: www.skatereddeer.com

Deadline to register: Sunday March 24, 2019. PreSTARskate skaters will share the ice with other club skaters.

Numbers will be limited for both groups. REGISTRATION OPENS: February 28, 2019. Cost of the program includes: ice, coaching, stroking, FIT class and Train the Brain. We will be offering dryland training called FIT class which will include: a variety of dance styles, jump technique on floor, stretch & strength and more! This class is FREE of charge. Monday, Wednesday and/or Friday 515-615pm. Please add it to your cart when you register. Train the Brain is a class with our club Sport Psychologist. Offered Monday April 15th and May 13th from 630-730pm. Meet in the arena lobby for both classes.

SPRING 2019 PRESTARSKATE PROGRAM

DAYS: Monday & Wednesday - 2 day per week program

DATES: April 1, 3, 8, 10, 15, 17, 24, 29 and May 1

ICE TIME: 4:00 – 5:00 pm

FIT class: Mondays, Wednesday and/or Friday 515-615pm

PLACE: Collicutt Center 3031 30th Avenue

COST: \$144.00 (full session Monday and Wednesday – 9 sessions)