



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. **QUALIFICATIONS:** Skaters must have completed CanSkate Stage 4 and be 5 years of age or have attended a previous PreSTARskate program. This is not a learn-to-skate program. 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 wear track pants or sweats with tight legs. 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.

Skaters have the opportunity to take private lessons with any of the Red Deer Skating Club's coaching staff. Please contact the coaches directly to make arrangements for lessons. Skaters who wish to have private lessons from a coach may do so during your PreSTARskate session. There will be an additional fee for coaching private lessons. If you have any questions; please contact the club at (403) 358-1701 or email: skatereddeer@hotmail.com.

Professional Coaches:

LANA BELLMORE

Provincial Coach

Coaching Since: 1991

Rate: \$12.00

Phone: (403) 506-188

lanabellmore@gmail.com

PATTI SOMER

National Coach

Coaching Since: 1982

Rate: \$13.00

Phone: (403) 396-3964

pattisomer@gmail.com

JESSICA MACKAY

Provincial Coach

Coaching Since: 2014

Rate: \$11.00

Phone: (780) 999-4192

jess.sergeant@hotmail.com

JENNIFER SHIGEMATSU

Regional Coach

Coaching Since: 1993

Rate: \$11.50

Phone: (780) 385-0222

mjmk@live.ca

There are 15 spots available. Register at: www.skatereddeer.com. PreSTARskaters will share the ice with other skaters. Numbers will be limited for both groups of skaters. Costs for the program includes: ice, coaching, FIT class and Train the Brain. We will be offering a dryland training program called FIT which will include: a variety of dance styles, jumping technique on the floor, stretch & strength and more! Train the Brain is a human performance class to learn good habits and best practices. Please add it to your cart when registering. Skaters in this program may not register in Starskate programs.

Red Deer Skating club reserves the right to change or cancel sessions as necessary.

SUMMER 2023 PRESTARSKATE

FIT class: Monday – Friday from 11-1145am

Train The Brain: Wednesday July 5th and August 2nd from 1215-1pm.

PLACE: Collicutt Center 3031 30th Avenue and Dawe Arena 56 Holt Street

DATES & FEES:

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|----------------|--|----------------|------------------|-------------------------|
| Week #1 | July 3 rd – 7 th | \$80.00 | 9:45am – 10:45am | Collicutt Center |
| Week #2 | July 10 th – 14 th | \$80.00 | 9:45am – 10:45am | Collicutt Center |
| Week #3 | July 17 th – 21 st | \$80.00 | 9:45am – 10:45am | Collicutt Center |
| Week #4 | July 24 th – 28 th | \$80.00 | 9:45am – 10:45am | Collicutt Center |
| Week #5 | Jul 31 st – 4 th | \$80.00 | 9:45am – 10:45am | Collicutt Center |
| Week #6 | Aug 8 th – 11 th | \$64.00 | 9:45am – 10:45am | Dawe Arena |

REGISTRATION OPENS MAY 8th!