



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 and freestyle. 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. 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. There will be an additional fee for coaching private lessons.

Professional Coaches:

PATTI SOMER

National Coach
Coaching Since: 1982
Rate: \$13.00
Phone: (403) 396-3964
pattisomer@gmail.com

LANA BELLMORE

Provincial Coach
Coaching Since: 1991
Rate: \$13.00
Phone: (403) 506-1880
lanabellmore@gmail.com

JESSICA MACKAY

Provincial Coach
Coaching Since: 2014
Rate: \$12.00
Phone: (780) 999-4192
jess.sergeant@hotmail.com

JENNIFER SHIGEMATSU

Provincial Coach
Coaching Since: 1993
Rate: \$12.00
Phone: (780) 385-0222
mjmk@live.ca

MORGAN RATTAI

Provincial Coach
Coaching Since: 2002
Rate: \$12.00
Phone: (780) 298-3258
morganrattai@outlook.com

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 2025 PRESTARSKATE

FIT class: Monday – Friday from 11-1145am

Train The Brain: Wednesday July 9th and 30th from 1215-1pm.

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

DATES & FEES:

Week #1	July 2 nd – 4 th	\$48.00	9:45am – 10:45am	Collicutt Center
Week #2	July 7 th – 11 th	\$80.00	9:45am – 10:45am	Collicutt Center
Week #3	July 14 th – 18 th	\$80.00	9:45am – 10:45am	Collicutt Center
Week #4	July 21 st – 25 th	\$80.00	9:45am – 10:45am	Collicutt Center
Week #5	July 28 th – Aug 1 st	\$80.00	9:45am – 10:45am	Collicutt Center
Week #6	Aug 5 th – 8 th	\$64.00	9:45am – 10:45am	Dawe Arena

REGISTRATION OPENS MAY 5th FOR CLUB MEMBERS & MAY 26th FOR NON-CLUB SKATERS!