



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 or have been recommended by one of our coaches 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 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:

LANA BELLMORE

Provincial Coach
Coaching Since: 1991
Rate: \$12.00
Phone: (403) 506-188
lanabellmore@gmail.com

PATTI SOMER

National Coach
Coaching Since: 1984
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. Registrations are accepted on a first come, first serve basis. 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 sports psych class to learn good habits and best practices. Please add it to your cart when registering.

Due to **Covid-19** the club will be monitoring and restricting regulations as per the government guidelines and are subject to change as deemed necessary by the Red Deer Skating Club.

SUMMER 2021 PRESTARSKATE

FIT class: Monday – Friday

Train The Brain: Monday July 12th 115-215pm and August TBD

PLACE: Servus Arena 4D 4725 43 Street and Kinsmen Arena 5 McIntosh Avenue

DATES & FEES:

Week #1	July 5 th – 9 th	\$80.00	9:45am – 10:45am	Servus Arena
Week #2	July 12 th – 16 th	\$80.00	9:45am – 10:45am	Servus Arena
Week #3	July 19 th – 23 rd	\$80.00	9:45am – 10:45am	Servus Arena
Week #4	July 26 th – 30 th	\$80.00	9:45am – 10:45am	Servus Arena
Week #5	Aug 3 rd – 6 th	\$64.00	9:00am – 10:00am	Kinsmen Arena