

TRI AREA SKATING CLUB

PROGRESSION CHART



CANSKATE 3+

This group Learn-to-Skate class is an introduction to skating primarily through games, circuits and creative expression, in a safe and fun environment. Skater must be 3 years old.

A CSA-approved helmet is mandatory.



CANSKATE 5+

Participants earn badges/ribbons while focusing on 3 fundamental areas (Agility, Balance and Control) divided into 6 stages. Music, warm-up, lessons, fast track and cool down provide an exciting and fun group program. Skaters must be 5 years old or have passed the CanSkate 3+ Program & been approved for advancement.

A CSA-approved helmet is mandatory.

*After Stage 3 ribbon is received, skaters can register in CanPowerSkate or Junior Development.



CANPOWERSKATE

Skaters who have passed the CanSkate Stage 3, or have been evaluated/ approved by a coach. This group program stresses balance, power, agility, speed and endurance skills, which are all hockey/ ringette based. Skaters should already have strong basic skating skills and must be able to skate backwards.



JUNIOR DEVELOPMENT

Junior Development is for skaters who have received the Stage 3 CanSkate 5+ Badge. This is a skater's first introduction to the StarSkate Program. The curriculum for this program has been developed by our own team of Coaches for skaters to build a strong foundation for long term success in the sport of Figure Skating. Skaters will work on skating skills, turns, transitions, performance/presentation, jumps, spins, field movements and much more! The Jr Development programs skates 2 - 3 day/wk and participates in off-ice training 1 day/wk to train flexibility, and to learn/strengthen positions used on the ice.



STARSKATE

The TASC offers programming for figure skating from Star 1 - Gold. Skaters will have the option to compete in various competitions.

15 minutes of group instruction is offered each ice session, focusing on endurance, field moves, edges, and agility. Dance/stretch/yoga/off-ice dryland training are included in this program.

Skaters will have a base coach for additional lesson time. Ice times available depend on the skater's skill level.

Star 1-3

Star 4-5

Star 6 - Gold



ADULTSKATE

Adult skating is growing, and TASC is currently offering recreational, test and competitive opportunities. We offer Adults only exclusive ice on Saturday mornings. You are welcome to just come skate, or hire one of our coaches to teach you some new skills. 1 hour of ice time offered each class. Opportunity to buy onto StarSkate ice at appropriate level if you would like additional ice time. Adult Learn-to-Skate is also offered for beginners.

