

Tri Area Skating Club Program Chart

PreCanSkate

This Group Learn to Skate Class is an introduction to skating primarily through games, circuits and creative expression, in a safe and fun environment. Participants must be 3 years old.

A CSA-approved helmet is mandatory.

CanSkate

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

A CSA-approved helmet is mandatory.

Junior StarSkate (Learn to Train)

For skaters working on their Star 1-4 level. Skaters will train all 3 disciplines: Freeskate, Dance & Skills. Opportunity to participate in Skate Canada Assessments, and competitions if desired. There will be a 15 minute group enrichment class offered each session. Private lessons booked with the coach of your choice (depending on availability). 1.25hrs of ice offered each class. Includes dance/stretch & off-ice conditioning class.

Intermediate StarSkate (Learn to Compete)

For skaters working on their Star 5-7 level. These skaters will have the option to compete in various competitions if desired. Skaters are not required to compete in order to take Skate Canada Assessments. 15 min Group enrichment class offered each session. These include stroking, endurance, field moves, footwork, and turn/edge classes focusing on the skater's cardio, power, control, and agility. 1.5hrs of ice time offered each class. Includes dance/stretch & off-ice conditioning class.

AdultSkate (Active for Life)

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. 45 min of ice time offered each class. Opportunity to buy onto StarSkate ice if you would like additional ice time.

PrePower

For skaters who passed Stage 2 of CanSkate, or have been evaluated/approved by a coach. A hockey-based group program focusing on the basics as well as power, agility, speed and endurance. Skaters must already have basic skating skills and be able to stop.

CanPowerSkate

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

Advanced CanSkate

An Advanced Group Learn to Skate Program for those skaters wanting to continue working on their CanSkate Badges in a more challenging environment, from Stage 3-6. Skills will include crossovers, turns, 1 foot skating, jumping, and exercises to improve skaters control, agility & balance. Must have minimum one Stage 3 ribbon. Skaters will move into this program upon approval of the Group Program Coordinator. **A CSA-approved helmet is mandatory.**

Jr Academy

Group Learn to Figure Skate Program for skaters who have passed complete Stage 4 Badge (Advanced CanSkate). This is a skater's first introduction to the StarSkate Program. The curriculum for this program has been developed by our own team of Sr 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 Academy skate 1 - 2 day/wk and participate in off-ice training 1 day/wk to train flexibility, and to learn/strengthen positions used on the ice.

Senior StarSkate/Competitive Skate (Train to Compete)

For skaters working on their Star 8+.
These skaters will have the option to compete in various competitions if desired. Skaters are not required to compete in order to take Skate Canada Assessments. 15 min Group enrichment class offered each session. These include stroking, endurance, field moves, footwork, and turn/edge classes focusing on the skater's cardio, power, control, and agility. 1.5hrs of ice time offered each class. Includes dance/stretch & off-ice conditioning class.