



## CANSKATE

**CanSkate** is Skate Canada's learn-to-skate program for beginners. This program teaches fundamental skills to give children the best foundation for figure skating, hockey, speed skating, ringette, or recreational skating.

Age: 3½-14 years old

Lesson format: group instruction taught by Skate Canada Certified Coaches

Seasons: Fall, Winter, Spring, Summer

Note: **Pre-CanSkate** is offered for children 3-3½ years old

## POWERSKATE

**PowerSkate** is an action-packed program geared to hockey and ringette players. This program teaches the fundamentals of power skating and focuses on balance, power, agility, speed, and endurance.

Age: 5-10 years old

Lesson format: group instruction taught by Skate Canada Certified Coaches

Seasons: Fall, Winter, Spring, Summer

Note: skaters must be proficient in forward and backward skating

## JUNIOR ACADEMY

**Junior Academy** is an entry-level program that teaches introductory figure skating skills to young children who show potential to excel in competitive figure skating.

Age: 4-8 years old

Lesson format: group instruction taught by Skate Canada Certified Coaches

Seasons: Fall, Winter, Spring, Summer

Note: entrance in this program is by invitation only; contact us for an audition

## JUMPSTART

**JumpStart** is an introductory figure skating program for children interested in competitive or recreational figure skating.

Age: 4-12 years old

Lesson format: group instruction taught by Skate Canada Certified Coaches

Seasons: Fall, Winter, Spring, Summer

Note: entrance in this program is by invitation only; contact us for an audition

## FIGURE SKATING

Freeskate  
Ice Dance  
Pair Skating

**Freeskate, Ice Dance, and Pair Skating** offers athletes the opportunity to experience the challenge of taking tests or entering competitions at the provincial, national, and international level.

Age: skaters entering our Junior Program must be 9 years old or younger

Lesson format: private and group instruction taught by Skate Canada Certified Coaches

Seasons: Skating School (September-June) and Summer Camp (July-August)