

About the Program

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. It is a dynamic program that creates a fun, enthusiastic atmosphere to learn correct technique in fundamental skills. Skaters are taught in small groups with the goal of fast-tracking young CanSkaters into our Junior Figure Skating program. Entrance into our Junior Academy is by invitation only and skaters must be 4-9 years old in order to join.

Program Requirements

Junior Academy skaters skate a minimum of two times per week. Three days per week is recommended for accelerated progress. Skaters who want to skate only once per week should register for JumpStart. The Junior Academy program is offered in four terms per year: Fall, Winter, Spring and Summer.

We expect our skaters to show up on time and ready to work hard! A training plan is set in place for every on ice session to build a strong foundation for long-term success in the sport of figure skating.

Our off-ice classes are mandatory as it helps improve flexibility, strength, balance, coordination, agility and jump rotation. This training compliments our on-ice program and helps develop your skater into a well rounded athlete with all the skills needed to be successful.

Equipment Required

- Skaters must wear fitted warm clothing, and gloves. Bulky coats/hoodies are not permitted.
- Hard guards to protect blades while walking off the ice.
- Skaters must wear a helmet, unless you have permission from the Coordinator.
- Hair should be neatly tied back in a ponytail or bun.
- Proper running shoes for off-ice classes.
- Skaters must wear figure skates (no recreational skates). When buying skates, make sure they fit properly and provide good ankle support. It is important that you purchase them at a retailer with expertise in figure skating. To purchase skates or sharpen blades go to United Sport & Cycle (www.unitedsport.ca) or ProSkate (www.proskate.ca).