



### Pre-CanSkate

*(recommended age for 3-5 year olds)*



This 'Learn to Skate' program offers the same benefits of the CanSkate program for our youngest skaters on the ice. This program is only 30 minutes and is perfect for our pre-school aged kids who are new to the ice. We have Program Assistants that will help the kids on the ice. Parents will not be allowed on the ice with their child. We have found that without parental involvement it helps skaters at this age to focus better on the teacher and their independence and confidence on the ice develops more quickly. If you have any questions or concerns over this please let a coach know.

### CanSkate

*(recommended for ages 5+)*

*Skating is fun!*

Skating is an important part of being a Canadian. It doesn't matter what age you start, once you are comfortable being in skates and have developed simple skills you can confidently pursue Figure Skating, Hockey, Ringette or Speed Skating. At Thorncliffe we want to introduce you to these great Canadian sports.

CanSkate is Skate Canada's flagship learn-to-skate program for Boys and Girls and beginners of all ages that teaches skating skills in the fundamental areas of Balance, Agility and Control. The program is set up in six stages. Throughout their progress in CanSkate skaters will earn ribbons and badges to recognize their success on an ongoing basis.

The CanSkate program emphasizes fun and continuous movement and is taught in a group lesson format by professional Skate Canada coaches and assisted by trained Program Assistants.

### Advanced CanSkate (formerly JumpSTART)

The final stages of the CanSkate program are transitional stages that serve as a bridge from CanSkate to the STARSkate Program

They introduce many figure skating skills that the skaters will begin to see in the New Star 1 to 5 test system. The skaters participate on a regular CanSkate session working towards mastering the skating fundamentals on special designated area of the ice. The program emphasizes fun and challenge and is taught in a group lesson format; by professional Skate Canada coaches.



### CanPowerSkate

The **Pre-Power** program is for the skater who has completed Stage 2 of the CanSkate Program or the skater who can stand up on skates and move forward (shuffle, walk or glide), who may not be ready for CanPowerSkate Level 1. Pre-Power helps develop basic skating abilities in a power skating specific environment. Including: balance, forward and backward skating, stopping, turning and agility skills.

The curriculum is presented in progressive stages complete with its own awards to encourage participation and motivate skaters. Pre-Power has been designed to run concurrently with CanSkate sessions.

The **CanPower** Skate program (CPS) stresses balance, power, agility, speed and endurance skills, all which are especially important for hockey and ringette players. This is for the skater who knows the basic skating movements or completed Canskate Stage 3 or 4 with coaches recommendation.

The CPS program has been designed to systematically advance skaters through six levels of achievement. Level I focuses on the fundamentals of skating: Level II skaters build on these fundamentals: Level III focuses on agility and quickness. Level IV and above are more advanced levels with Level VI incorporating stick handling into the circuit.

**CanPowerSkate** is the only nationally regulated power skating program in Canada. It was developed by a team of hockey, figure skating and ringette experts to teach the fundamentals of power skating in a progressive and sequential manner.



### STARSkate

Offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating.

Unique in Canada, this program teaches figure skating skills in a group, semi-private and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating.



### CompetitiveSkate

STARSkaters who want to challenge their figure skating skills and show potential as competitive skaters will be encouraged to pursue the competitive program. What is CompetitiveSkate? The Competitive Test Program is for skaters in singles, pairs and dance wishing to compete in qualifying events within Skate Canada. Skaters will need to achieve a qualifying score specific to the discipline (Singles, Pairs and Dance) in which they wish to compete.



# Thorncliffe Greenview Ice Skating Club

## 2017-2018 General Information



SKATECANADA



COME SKATE  
WITH US!

**Forbes Innes Arena  
5600 Centre St. N.**

We are located at 56th Ave & Center Street N. at the Forbes Innes Arena. For fees and further information please check our website:

[www.tgiceskatingclub.com](http://www.tgiceskatingclub.com)

### Pre-CanSkate (Recommended for Ages 3-5)

Wednesday 6:30pm - 7:00pm  
Saturday 11:15am - 11:45am  
Skate 1 or 2 days/week

### CanSkate (Recommended for Ages 5+. Experienced skaters under 5 years of age can be considered for CanSkate.)

Wednesday 6:15pm - 7:00pm  
Saturday 11:00am - 11:45am  
Skate 1 or 2 days/week

### CanPower & Pre-Power Skate

Pre-Power Tuesday 6:00 - 6:45pm  
CanPower Tuesday 6:00pm - 7:00pm  
Skate 1 day/week

### Advanced CanSkate (formerly JumpSTART) (group lessons- Working on Stage 5 & 6, or upon coach recommendation)

Wednesday 6:15pm - 7:00pm  
Saturday 11:00am - 11:45am  
Skate 1 or 2 days/week

### Junior STARSkate (group lessons - Have completed CanSkate Stage 6, or upon coach recommendation)

\*figure skates required for Junior STARSkate  
Wednesday 5:30pm - 6:15pm  
Saturday 10:00am - 11:00am  
Skate 1 or 2 days/week

### Preliminary STARSkate (ready for private lessons - working on Star 1-2)

Monday 6:15 - 7:30am  
Wednesday 6:15 - 7:30am  
Wednesday 5:30pm - 6:15pm  
Saturday 10:00am - 11:00am  
Skate 1, 2, 3 or 4 times/week

### Intermediate STARSkate - (private lessons - working on Star 3-5) & Senior STARSkate - (private lessons - working on Star 6 to Gold)

Monday 6:15 - 7:30am  
Tuesday 4:15pm - 6:00pm  
Wednesday 6:15 - 7:30am  
Wednesday 4:15pm - 5:30pm  
Saturday 9:00am - 11:00am (Intermediate)  
Saturday 8:00am - 10:00am (Senior)  
Skate 1, 2, 3, 4 or 5 times/week

### Vivo Sessions (with TGISC coaches)

(STARSkate only, confirm with coach)  
Monday (Prelim/Int/Sr) 3:45-5:45pm  
Friday (Sr) 4:00 - 5:45pm  
Friday (Prelim/Int/Sr) 5:45 - 7:15pm  
Friday (Int/Sr) 7:30 - 9:30pm

### Off-Ice Conditioning for STARSkate

(included in fees for the day(s) you register)  
ie. If you register for Tuesday skating the off-ice on  
Tuesday is included in your fee

Tuesday Jump Lesson (Int/Sr) 3:40 - 4:10pm  
Tuesday Jump Lesson (Int/Sr) 6:10 - 6:40pm  
(pick one class only, not both)

Wednesday Warmup (Int/Sr) 3:55 - 4:10pm  
Wednesday Warmup (Prelim/Jr) 5:10 - 5:25pm  
Wednesday Conditioning (Int/Sr) 5:35 - 6:05pm  
(various instructors: yoga, ballet, strength, etc.)  
Wednesday Jump Lesson (Prelim/Jr) 6:20 - 6:50pm

Saturday Conditioning (Int) 8:00 - 8:45am  
Saturday Conditioning (Prelim/Jr) 9:00 - 9:45am  
Saturday Conditioning (Sr) 10:00 - 10:45am  
(various instructors: yoga, ballet, strength, etc.)

- **Registration will not be taken after the first full week the program starts**
- **Sessions: KickSTART (Sept), Fall (Oct-Dec), Winter (Jan-Mar) Spring (Apr-June)**
- **Bingo volunteering is available to help offset the costs of your program**

Questions?

Email: [registrar@tgiceskatingclub.com](mailto:registrar@tgiceskatingclub.com)

Call: 403-471-9623

### 2017-2018 Executive Members

President.....Liz Sawatzky  
Vice President.....Patricia Lee  
Secretary.....Michele Cobb  
Treasurer.....Kim Linklater  
Test Chair.....Bridget MacQueen  
Registrar.....Kari Woodman  
Volunteer  
Coordinator.....Leida Kodra  
Special Events  
Coordinator.....**vacant**  
Fundraising  
Coordinator.....Tony Song  
CanSkate Rep.....**vacant**  
Coach's Rep.....Sara Knowles  
Head Coach.....Melissa Butler