

Entry into figure skating starts here!

What is Intro to Figure Skating?

- This learn-to-figure-skate program allows skaters to dip their toe into the figure skating world without the full commitment that comes with joining our Junior STARSSkate program. Designed to last 6-8 weeks, this program continues to teaching the CanSkate curriculum; except now skaters are on an ice session with other figure skaters.

Intro to Figure Skating Program Goals

- Provide participants and families with a safe, welcoming and inclusive first experience to the sport of figure skating. This includes introductions to the wide variety of figure skating skills: Jumps, Spins, Ice Dance, Turns etc.
- Develop skating and motor skills through natural learning.
- Use skill progression and repetition to introduce physical literacy and establish quality skating skills.
- Foster personal achievements and satisfaction through skill acquisition, reward and recognition by continuing and allowing skaters to finish the CanSkate reward system.
- Evoke an interest in life-long participation in skating and encourage skaters to be Active for Life.

What is Junior STARSSkate?

- This is for the people who have decided they want to dive head first into figure skating! They have often completed one semester of Intro to Figure Skating. This class runs until June and incorporates fitness and physical literacy training on the floor as well the ice.

Junior STARSSkate Program Goals

- To provide skaters a "full season" of figure skating in a welcoming and safe environment. This includes performance opportunities, teambuilding exercises, and a complete curriculum built to span 6-12 months.
- To continue developing skating and motor skills through natural learning phases.
- To use skill progression and repetition to introduce physical literacy and establish quality skating skills both on and off the ice. Skaters are also introduced to the importance of "off-ice" fitness and exercise.
- To foster personal achievements and satisfaction through skill acquisition, reward and recognition by letting skaters finish the CanSkate Reward System and introduce the STARSSkate Reward System.
- To evoke an interest in life-long participation in skating and encourage skaters to be Active for Life.

Contact Us



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Socials



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Skate Canada

INTRODUCTION TO FIGURE SKATING & JUNIOR STARSSKATE

THORNCLIFFE GREENVIEW



ICE SKATING CLUB



The Skaters Journey

CanSkate

Stage 2 Skaters at this level can skate forwards unassisted, walk backwards and are comfortable doing jumps/turns on the spot
Ages 5-11

CanSkate

Stage 3 Skaters at this level can skate forwards, backwards, stop, turn and jump - although it may not look organized yet!
Ages 5-12

CanSkate

Stage 4 Skaters at this level have strong basic skills, but are learning more complex turns and agility skills. These skaters wear hockey skates and helmets and participate one or two days/week.
Ages 5-12

Intro to Figure Skating

Minimum completion of Stage 3 CanSkate
Ages 5+
Skaters at this level have mastered the basics of skating skills and are ready for the next challenge! This 6 week program is designed to dip both the parent and skater into the unique (and super fun) world of figure skating! No sparkles required, but we do highly recommend remaining in your the CanSkate program while adding this as a second day!

CanSkate

Stage 5 Skaters at this level have are working on crossovers, edges, backwards speed and one foot turns and jumps. These skaters wear hockey skates and helmets, and participate one or two days/week
Ages 6-12

Junior STARSkate

Minimum completion of Stage 3 CanSkate
Ages 5+
Skaters at this level are working on the same skills as CanSkate Stage 4/5/6, as well as figure skating specific movements, jumps and spins! This program is two days per week. These skaters wear figure skates, helmets, and skate on Junior/Prelim session. They get to attend both warm up and off-ice!

Skaters also have the option of participating in Hybrid programs, which consist of 1 day per week of CanSkate and 1 day per week of Intro/Junior. If this is of interest to you, please let the coaches know and they are happy to assist!

Preliminary STARSkate

Skills, Tests, Achievements, Recognition (STAR) Pathway
These skaters have graduated from Junior STARSkate and skate 2-4 days per week. They have the chance to participate in performances depending on their skill level. Due to the more individual nature of this higher level of skating, at this level coaching costs become separate of yearly registration.

Equipment

All it takes is a pair of skates...and a few more things!

Please note that due to health and safety we do not provide equipment to skaters.



CSA APPROVED HELMET

The use of a CSA approved hockey helmet is mandatory for skaters until they have finished STAGE 5 of the CANSKATE program!



PROPER FITTING SKATES

Skates should fit snugly to the foot with no movement in the heel. To check length, remove the insole and have the skater stand on it with the heels lined up. The big toe should be 1-3 mm inside the sole.



GLOVES OR MITTENS

Gloves or mitts are mandatory due to all the practice standing up for all CanSkaters. These get dirty and wet easily, so it's always good to have an extra pair.



LAYERED CLOTHING

A typical layering process will include: a t-shirt, a long sleeve shirt, hoodie/sweatshirt/vest and then a winter jacket.



LEGGINGS OR STRETCHY PANTS

To keep skaters warm and dry, we recommend ski or snowboard snowpants! As skaters improve they can switch to a jogging pant.

Our Schedule

Tuesdays

Intro to Figure Skating

*must have passed CanSkate Stage 3
5:15-6:15 PM - *On-Ice Session*

Junior STARSkate

*must have passed CanSkate Stage 3
4:45-5:00 - *Off-Ice Warm Up*
5:15-6:15 - *On-Ice Session*
6:30 - 7:15 - *Off-Ice Physical Literacy & Fitness*

Wednesdays

Intro to Figure Skating

*must have passed CanSkate Stage 3
5:15-6:15 PM - *On-Ice Session*

Junior STARSkate

*must have passed CanSkate Stage 3
4:45-5:00 - *Off-Ice Warm Up*
5:15-6:15 - *On-Ice Session*
6:30 - 7:15 - *Off-Ice Physical Literacy & Fitness*

Saturdays

Intro to Figure Skating

*must have passed CanSkate Stage 3
5:15-6:15 PM - *On-Ice Session*

Junior STARSkate

*must have passed CanSkate Stage 3
9:30-10:45 am - *Off-Ice Warm Up*
10:00-11:00 am - *On-Ice Session*
11:15-12:15 pm - *Off-Ice Physical Literacy & Fitness*