

Club and Program Information

2024-2025



Programs:

- **PreCan Skate:** designed for 2-4 year olds with minimal or no skating experience to learn the basics of skating through play. Lessons teach skating forwards, backwards, stopping, jumping, and turning, and incorporate a variety of toys and activities to keep children engaged. Skaters receive instruction in group lesson format for the entire duration of the class from 4:15-4:45pm on Tuesdays and/or Thursdays.
- **CanSkate** - for 5yrs+ to learn the basics of skating used in any ice sport in a fun, motivational environment. Lessons teach on the fundamental areas of Balance, Control & Agility, and make use of a Fast Track to help develop stride & power. Skaters will be grouped by ability and rotated through different stations for a warm up, lesson time, FunZone activities, and group activities. Participants must be able to stand and move unassisted after a fall. This class runs from 5:00-5:45pm on Tuesdays and/or Thursdays.
An approved CSA helmet is required for all the above programs

StarSkate - note changes from previous years, more info at the end.

- **Junior StarSkate:** for Stage 5/6 and Star 1 skaters who have gone through CanSkate and now wish to pursue figure skating. Lessons are taught on the basic fundamentals of figure skating such as edges, turns, field moves, jumps, spins & creative movement, and also include Dryland training. Skaters will receive lessons in small group formats for 80% of their ice time and then will have free time to practice or get 1:1 private lessons with a coach. Dryland is also included in this program, and Skate Canada Assessments and Competitions are offered to participants to attend.
Classes run from 5:45-7:00pm on Tuesdays and/or Thursdays, with Dryland from 7:15-7:45pm.
- **Senior StarSkate:** for Star 2+ skaters of any age to further develop their figure skating skills. This class offers instruction in all areas of figure skating: Skills, Dance, FreeSkate, Artistic and Synchro. Ice time begins with 30 minutes of group lessons to warm up and receive technical instruction, followed by 45 minutes of individual practice time in which skaters can book private 1:1 lessons with a coach. Dryland is also included in this program, and Skate Canada Assessments and Competitions are available for all participants to attend.
Classes run from 7:15-8:30pm on Tuesdays and/or Thursdays, with Dryland from 6:30-7:00pm.

Star skaters are asked to please come to Dryland equipped with a yoga mat, note book, and skipping rope.

- The season runs Tuesdays and Thursdays from Oct. 1, 2024 - March 29, 2025 with breaks over Christmas and Family Day week. There is a year end carnival on March 29, 2025 for all skaters to showcase all they've learned.
- **When you register - please read the registration instructions FIRST to avoid overpaying.**

Fees:

- **Skate Canada** has a mandatory fee for each on-ice participant of \$61.65. Non-refundable.
- **PreCan Skate:** 1 day/week \$250 days/week \$346
- **CanSkate:** 1 day/week \$282 2 days/week \$390
- **JR StarSkate:** 1 day/week \$400 2 days/week \$670
- **SR StarSkate:** 1 day/week \$366 2 days/\$600
- We strive to keep our program fees as low as possible which is why we have volunteer and fundraising requirements. With the exception of the raffle tickets the fees associated with these are RETAINERS and only charged if the requirements are unmet.
- **CARNIVAL:** minimum 4 hrs volunteer **per family**. If this is not met then you will be charged \$100 at the end of March 2025. Note that not all carnival related volunteer positions are on the day of the carnival.
- **FUNDRAISING:** two fundraisers are offered for you to earn the minimum \$50 **per skater** by March 29, 2025. If this is not met then you will be charged \$100/skater.
- **RAFFLE TICKETS:** \$125 charged to you in November, you then sell the tickets and keep the money.
- **NO REFUNDS** will be issued after October 13, 2024.

COMMUNICATION:

- All pertinent information is communicated via email throughout the season. Please opt in to the email option when registering.

AGM (annual general meeting):

- Early November. Please plan to send at least one representative
- The club is run exclusively by volunteers and are always looking for more to help.

Contact us



Email: coaldalefigureskatingclub@gmail.com

Website: <https://coaldalefigureskatingclub.uplifterinc.com/>

Address: Box 390 Coaldale, Alberta T1M 1M4

Twitter: @skatecoaldale

Facebook: Coaldale Figure Skating Club

Have a wonderful skating season!

***Change in Star Skate Program Information:** The change in schedule is due to the increase in skater numbers for our StarSkate program. It would be unsafe and unfair to our skaters and coaches to continue as we have been. The new schedule and splitting the Star skaters into Jr and Sr not only will be safer but allows us to better align with Skate Canada recommendations of amount of coached time for each level.

Dryland/Off-ice training helps to establish comprehensive strength, flexibility, balance, core, and conditioning. Jump training is included in dryland classes to teach new jumps and work on the technical side of skating, off the ice. Skaters will spend time learning landing positions, jump techniques, improving body awareness, control and visualization. This will help each skater to improve quickness on the ice and prevent injury. It will also include basics of positivity and visualization skills.