







Session	Criteria	Session Structure (Group Lessons/Private Coaching)
<p style="text-align: center;"><b>STAR 1</b></p> 	<p>Skaters must have passed CanSkate Stage 6.</p>	<ul style="list-style-type: none"> <li>• Session includes a 15 min. group warm up/stroking/skills lesson &amp; 3x 15 min. group lessons. Group lessons will focus on the 5 disciplines of skating. Skating skills, freeskate, dance, artistic and synchronized skating.</li> <li>• Skater may only leave the group lesson for 15 min. for private lesson.</li> <li>• Private Coaching – Optional</li> </ul> <p>No Private lesson is allowed during the first 15 min. of group warm up/stroking/skills lesson.</p>
<p style="text-align: center;"><b>STAR 2</b></p> 	<p>Skaters must have passed the complete STAR 1 tests:</p> <ul style="list-style-type: none"> <li>• STAR 1 Skills</li> <li>• STAR 1 FreeSkate AND STAR 1 Dance Elements</li> </ul> <p>Skaters should be landing 3 single jumps consistently.</p>	<ul style="list-style-type: none"> <li>• Session includes a 15 min. group warm up/stroking/skills lesson &amp; 2 x 15 min. group lessons. Group lessons will focus on the 5 disciplines of skating. Skating skills, freeskate, dance, artistic and synchronized skating.</li> <li>• Skater may only leave the group lesson for 15 min. for private lesson.</li> <li>• Private Coaching – Optional</li> </ul> <p>No Private lesson is allowed during the first 15 min. of group warm up/stroking/skills lesson</p>
<p style="text-align: center;"><b>STAR 3</b></p> 	<p>Skaters must have passed ALL of the following STAR 2 tests:</p> <ul style="list-style-type: none"> <li>• STAR 2 Skills</li> <li>• STAR 2 FreeSkate Elements</li> <li>• STAR 2a &amp; b Dances</li> </ul> <p>Skaters must be landing 4 single jumps consistently.</p>	<ul style="list-style-type: none"> <li>• Session includes a 15 min. group warm up/stroking/skills lesson.</li> <li>• Private Coaching – Skaters must hire a private coach for at least one 15 min. lesson on each skating day.</li> <li>• Skaters practice independently after their private lesson(s).</li> </ul> <p>No Private lesson is allowed during the first 15 min. of group warm up/stroking/skills lesson.</p>

<p style="text-align: center;"><b>STAR 4</b></p> 	<p>Skaters must have at least passed one of the following group(s) of tests:</p> <p>(1) STAR 3 Freeskate (both Elements and Program) AND STAR 3 Skills; OR</p> <p>(2) STAR 3 Skills <b>AND ALL</b> STAR 4 and 5 Dances.</p> <p>Skaters should be landing 5 Single Jumps consistently.</p>	<ul style="list-style-type: none"> <li>• Session includes a 15 min. group warm up/stroking/skills lesson.</li> <li>• Private Coaching – Skaters must hire a private coach for at least one 15 min. lesson on each skating day.</li> <li>• Skaters practice independently after their private lesson(s).</li> </ul> <p>No Private lesson is allowed during the first 15 min. of group warm up/stroking/skills lesson.</p>
<p style="text-align: center;"><b>STAR 5 – 10</b></p> 	<p>Skaters must have at least passed one of the following group(s) of tests:</p> <p>(1) STAR 4 Freeskate (both Elements and Program) AND STAR 4 Skills; OR</p> <p>(2) STAR 4 Skills <b>AND ALL</b> STAR 6 Dances.</p> <p>Skaters should be landing a Single Axel consistently.</p>	<ul style="list-style-type: none"> <li>• Session includes a 15 min. group warm up/stroking/skills lesson.</li> <li>• Private Coaching – Skaters must hire a private coach for at least one 15 min. lesson on each skating day.</li> <li>• Skaters practice independently after their private lesson(s).</li> </ul> <p>No Private lesson is allowed during the first 15 min. of group warm up/stroking/skills lesson.</p>
<p style="text-align: center;"><b>Adult STARSkate All Levels</b></p> 	<p>Skaters should have strong basic skating skills and are working on figure skating skills, freeskate and/or dances.</p>	<ul style="list-style-type: none"> <li>• Session includes a 15 min. group warm up/stroking/skills lesson.</li> <li>• Private Coaching – Skaters must hire a private coach for at least one 15 min. lesson on each skating day.</li> <li>• Skaters practice independently after their private lesson(s).</li> </ul> <p>No Private lesson is allowed during the first 15 min. of group warm up/stroking/skills lesson.</p>