


# Program Structures

<b>Pre-School (ages 3 &amp; 4)</b>		
Pre-School Program	<b>Not Available</b> in Spring 2 & Summer Sessions.	
<b>Pre-CanSkate (ages 5+)</b>		
<p><u>Mandatory for all skaters:</u> Properly fitted skates, CSA approved hockey helmets with chin straps, gloves/mittens.</p> <p><u>Recommended for younger skaters:</u> Face masks in addition to the CSA approved hockey helmets.</p>		
30 minutes	Group Lesson (1:8)	No Private Lesson

<b>CanSkate Stage 1 -6 (ages 5+)</b>		
<p>Must have passed Pre-CanSkate or met the criteria further below. </p>		
<p><u>Mandatory for all skaters :</u> Properly fitted skates, mittens/gloves.</p> <p><u>Mandatory for stage 1-5:</u> CSA approved hockey helmets with chin straps.</p> <p><u>Recommended for younger skaters:</u> Face masks in addition to CSA approved hockey helmets.</p> <p>Helmets are optional for skaters in Stage 6.</p>		
10 minutes	Warm Up	Private lesson available, contact our coaches directly
30 minutes	Group Lesson (1:10)	No Private Lesson
10 minutes	Cool Down	Private lesson available; contact coaches directly.

## Criteria for CanSkate 1-6:

Skater **MUST** be able to skate the entire perimeter with speed, skate backwards and be able to stop going both forwards and backwards or have passed the Pre-CanSkate program.

## Teen (13+) /Adult (18+) Learn to Skate (CanSkate)

Mandatory for all skaters: Properly fitted skates, mittens/gloves.

Mandatory for stages 1-5: CSA approved hockey helmets with chin straps.

Helmets are optional for skaters in Stage 6.

10 minutes	Group Warm Up	Private lesson available; contact coaches directly.
30 minutes	Group Lesson (1:10)	No private Lesson
10 minutes	Practice Time/Private Lesson	Private lesson available; contact coaches directly.



## STAR Programs



STAR 1 and 2		
5 minutes	Supervised Group Warm Up	Private Lesson – Not mandatory for STAR 1 and 2. If interested in private lessons, contact our coaches directly.
30 minutes	Group Lesson	Skaters can leave group for 15 minutes only for a private lesson
15 minutes	Practice Time/Private Lesson	Private lesson available; contact coaches directly.

STAR 3 and above & Adult STARSkate (all levels)		
5 minutes	Supervised Group Warm Up	<u>Private Lessons</u> Mandatory for STAR 3 and above skaters and Adult STARSkaters. <b>Skater MUST hire a private coach for at least one 15 min. lesson each skating day.</b> Contact our coaches directly.
15 minutes	Private Lesson/Practice Time	
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