**Groups at a glance 2018-2019**

**Introduction to Figure Skating – Saturday 9:30-10:15 am**

**Program cost will be approximatively $ 224.00 September 22 to Dec 15, 2018**

* The Intro to Figure Skating program is suited for skaters that have successfully completed the CanSkate program (level 4) and who wish to continue in group lessons;
* This program will offer the skater the opportunity to begin their tests in skills and dance if they book a free skate sessions;
* Hiring a coach is required at this level if you book a free skate session;
* Age Range: 5 - 8 years of age;
* This program is less intense and requires less of a time commitment than Junior Prep.

**GroupStar: Program cost will be approximatively $1379 September 4 to June 23, 2019**

* Completed CanSkate 4 or higher Age range: 6-8 years of age
* One group on-ice session, Saturday 11:15 to 12:15 pm
* Saturday off ice 12:20-1:05
* **This program requires you also book a minimum of one junior free skate session of your choice for self-practice and private coaching**

**JuniorStar: Program cost will be approximatively $1660 September 4 to June 23, 2019**

* Working on first Skate Canada tests Age range: 9-15 years of age
* One group on-ice session, Saturday 11:15 to 12:15 pm
* Saturday off ice 10:25-11:10 am
* **This program requires you also book a minimum of two junior free skate sessions of your choice for self-practice and private coaching**

**JuniorPrep: Program cost will be approximatively $2360 September 4 to June 23, 2019**

* Completed the Skate CanSkate stage 5 or higher Age range: 6-9 years of age
* Two Group On Ice Sessions Monday, Tuesday, Wednesday or Thursday 4:15-5:15 pm
* Two group off ice sessions (Upstairs JCA) Monday/Wednesday or Tuesday/Thursday 5:30-6:15 pm
* **This program requires you also book a minimum of one junior free skate session of your choice for self-practice and private coaching**

**High Performance Development: Program cost will be approximately $3100 (with 20% volume discount) September 4 to June 23, 2019**

* By invitation only based on achievements in the Jr Prep Program. Contact Jaime-Lyn Jackson regarding program requirements. Age range: 7-9 years of age
* Two Group On Ice Sessions Monday, Tuesday, Wednesday or Thursday 4:15-5:15 pm
* Sunday 8:00-9:00 am Stroking
* Sunday 9:15-10:00 am Off-ice class
* Any two junior ice sessions of your choice
* Any two off ice sessions of your choice

**Junior Competitive: September 4 to June 23, 2019**

**Following LTAD for Learn to Train objectives**

* For High Performance graduates and Junior Competitive skaters
* Passed STAR 5/Jr Bronze Free Skate (or at Director discretion)

**Choose the following sessions:**

* Sunday 9:00-10:00 am Stroking
* Sunday 10:15-11:15 am Off-ice class
* Group lesson (coaching included Tuesday at COP)
* Choose 4 to 5 Int/Sr ice sessions
* Any 2 additional off ice classes