

## Groups at a glance 2019-2020

### **Introduction to Figure Skating – Saturday 9:30-10:15 am or Tuesday 4:15-5:15 pm**

**Program cost will be approximately \$236.00-\$325.60 September to Dec, 2019**

- The Intro to Figure Skating program is suited for skaters who are in Stage 4 or higher in CanSkate 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 approximately \$1420.00 September 7 to June 20 2020**

- 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 approximately \$1754.00 September 7 to June 20, 2020**

- 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 approximately \$2560.00 September 3 to June 21, 2020**

- Completed the Skate CanSkate stage 5 or higher Age range: 6-9 years of age
- Choose any two Group On Ice Sessions at Jimmie Condon or COP
- Group off ice will occur either right before or right after on ice group sessions (Upstairs JCA or rink side COP)
- **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 \$3200 (with 20% volume discount) September 3 to June 21, 2020**

- 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
- Choose any two Group On Ice Sessions at Jimmie Condon or COP
- 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 training pathway**

### **Following LTAD for Learn to Train objectives**

- For High Performance graduates and Junior Competitive skaters
- Passed STAR 5 Free Skate

### **Choose the following sessions:**

- Sunday 9:00-10:00 am                      Stroking
- Sunday 10:15-11:15 am                  Off-ice class
- Choose 4 to 5 Int/Sr ice sessions
- Any 2 additional off ice classes