

## Groups at a Glance 2022-23

### **Pre-Star Performance (PSP)**

The Pre-Star Performance Skating group program is suited for skaters who are in Stage 4 or higher in CanSkate and who wish to continue in group lessons. (Group lessons are those lessons that are fully coached and have more than 6 skaters in them.)

- Choose one or more group lessons:
  - Jimmie Condon arena
    - Sat 10:30 am - 11:30 am (includes off ice Jump class 11:45-12:15 pm)
    - Mon 5:30 pm - 6:15 pm (includes off ice jump class 4:45-5:15 pm)
    - Wed 5:30 pm - 6:15 pm (includes off ice jump class 4:45-5:15 pm)
- If your skater would like to pursue their skating tests in skills and dance, they will be required to book ice on a FreeSkate/Junior session;
- Hiring a coach is required at this level IF you want book a FreeSkate/Junior session. Please email Jaime-Lyn at [calaltagroupprogramsdirector@gmail.com](mailto:calaltagroupprogramsdirector@gmail.com) if you require assistance in finding a coach that fits your schedule and budget.
- Typical age range: 5-10 years of age
- This program is a learn to figure skate level, which is less intense and a shorter time commitment than Prestige Performance. A proper fitted pair of figure skates is mandatory \*\*\*Please ask Jaime-Lyn or another Figure skating coach about skates before purchasing\*\*\*

### **GroupStarSkate (GSS)**

The GroupStarSkate program is best suited for skaters who have completed PSP, CanSkate 5 or higher, and is a more recreational program with a small time commitment.

- Typical age range: 6-12 years of age
- GroupStar includes the following:
  - Jimmie Condon
  - Sat 10:30 am - 11:30 am (includes off ice Jump class 11:45-12:15 pm)
  - Must book a minimum of one FreeSkate/Junior session of your choice for self practice and private coaching;
- Hiring a coach is required at this level. Hiring a coach is required at this level IF you want book a FreeSkate/Junior session. Please email Jaime-Lyn at [calaltagroupprogramsdirector@gmail.com](mailto:calaltagroupprogramsdirector@gmail.com) if you require assistance in finding a coach that fits your schedule and budget.

### **Bronze Prestige Performance (BPP)**

The Bronze Prestige Performance program is best suited for skaters who have completed the Pre-Star Performance or STAR 1-2.

- Typical age range: 5-7 years of age
- Choose two or more group lessons:
  - Jimmie Condon arena
    - Sat 10:30 am - 11:30 am (includes off ice Jump class 11:45-12:15 pm)

- Mon 5:30 pm - 6:15 pm (includes off ice jump class 4:45-5:15 pm)
- Wed 5:30 pm - 6:15 pm (includes off ice jump class 4:45-5:15 pm)
- Must book a minimum of one junior free skate session of your choice for self-practice and private coaching.
- Hiring a coach is required at this level IF you want book a FreeSkate/Junior session. Please email Jaime-Lyn at [calaltagroupprogramsdirector@gmail.com](mailto:calaltagroupprogramsdirector@gmail.com) if you require assistance in finding a coach that fits your schedule and budget.

## Silver Prestige Performance (SPP)

The Silver Prestige Performance program is best suited for skaters who are competing and testing at the STAR 3-4 levels.

- Typical age range: 6-8 years of age
- Choose two or more group lessons:
  - Jimmie Condon arena
    - Sat 10:30 am - 11:30 am (includes off ice Jump class 11:45-12:15 pm)
    - Mon 5:30 pm - 6:15 pm (includes off ice jump class 4:45-5:15 pm)
    - Wed 5:30 pm - 6:15 pm (includes off ice jump class 4:45-5:15 pm)
- Must book a minimum of one junior free skate session of your choice for self-practice and private coaching.
- Hiring a coach is required at this level IF you want book a FreeSkate/Junior session. Please email Jaime-Lyn at [calaltagroupprogramsdirector@gmail.com](mailto:calaltagroupprogramsdirector@gmail.com) if you require assistance in finding a coach that fits your schedule and budget.

## Gold Prestige Performance (GPP)

This program is by invitation only based on achievements in the Bronze and Silver Prestige Performance program and best suited for STAR 5 levels. Must show an interest in pursuing the competitive stream of skating in Freeskate, Dance, Synchro at a high performance level. Required time commitment of 5 weekly sessions minimum. Contact Jaime-Lyn Jackson (Director of Group Programming)

[calaltagroupprogramsdirector@gmail.com](mailto:calaltagroupprogramsdirector@gmail.com) regarding program enrollment opportunities

- Typical age range: 7-9 years of age
- Choose two or more group lessons:
  - Jimmie Condon arena
    - Sat 10:30 am - 11:30 am (includes off ice Jump class 11:45-12:15 pm)
    - Mon 5:30 pm - 6:15 pm (includes off ice jump class 4:45-5:15 pm)
    - Wed 5:30 pm - 6:15 pm (includes off ice jump class 4:45-5:15 pm)
- Choose Saturday Stroking 11:30-12:00 pm
  - Any two junior or open ice sessions of your choice
  - Hiring a coach is required at this level IF you want book a FreeSkate/Junior session. Please email Jaime-Lyn at [calaltagroupprogramsdirector@gmail.com](mailto:calaltagroupprogramsdirector@gmail.com) if you require assistance in finding a coach that fits your schedule and budget.

Go to <https://calalta.uplifterinc.com/> for pricing and registration

Register on Uplifter [here](#) or send questions to [info@calalta.net](mailto:info@calalta.net)  
Schedule also available on Calalta's [website](#)