



Groups at a Glance 2025/26

Pre-Star Performance (PSP)

The Pre-Star Performance Skating group program is suited for skaters in Stage 4 or higher in CanSkate and who wish to continue in figure skating-specific group lessons. Group lessons are coach-led for the entire session and the program runs from September to June.

- Age range: 5-9 years of age (registrants are required to be aged 8 or under by July 1, 2025)
- Jimmie Condon Arena:
 - Mon OR Wed 5:15 pm - 6:00 pm
 - Off-Ice 6:10 -6:30 pm
- COP WinSport Arena:
 - Thursday 6:15-7:00 pm (includes 15 minutes of self practice)
 - Off-ice 5:45-5:05 pm
- If your skater would like to pursue their skating tests in skills and dance, they will be required to book additional ice on a JR/INT ice session.
- Hiring a coach is mandatory at this level if you want to book a JR/INT ice session. Please email Jaime-Lyn at GM@calalta.net if you require assistance in finding a coach who fits your schedule and budget.
- This learn-to-figure skate program is less intense and requires less time than the Prestige Performance level, having properly fitted figure skates is still essential.

There Two Figure Skate shops in Calgary, please ensure you purchase skates from one of them to be certain of correct style and fit of skates for our programs

Professional Skate Service 1070 42 AVENUE SE, Calgary, AB

The Skate Lab 7777 Macleod Trail SW #130, Calgary, AB

Group Star Skate (GSS)

The Group Star Skate program is best suited for skaters who have completed PSP, CanSkate 5 or higher, offering a more recreational approach with a flexible commitment.

- Age range: 6-12 years of age (registrants are required to be aged 12 or under by July 1, 2025)
- Jimmie Condon Arena:
 - Sat 10:45 am - 11:30 am (including the off-ice Jump class at 10:05 am -10:35 am)
- Must book a minimum of one JR/INT ice session of your choice for self-practice and private coaching.
- Hiring a coach is required at this level. Please email GM@calalta.net if you need assistance in finding a coach who fits your schedule and budget.

Prestige Performance (PP)

This program is for skaters *invited* based on their achievements in the Prestige Performance program and is ideal for STAR 2-4 levels. Must be interested in competing in Freeskate, Dance, and Synchro at a high level. Required commitment to the Prestige Performance sessions on Mon **AND** Wed, plus 2 extra sessions.

- Age range: 6-10 years of age (registrants are required to be aged 9 or under on July 1 of 2025)
- Jimmie Condon arena. **Mandatory attendance at both Mon and Weds group lessons**
 - Mon **AND** Wed 4:35 pm - 6:00 pm (includes off ice jump class 4:35-5:05 pm)
- Extra sessions to choose: 2 JR/INT ice time sessions.

Teen Star Skate

This program is best suited for Pre-Teens and Teens who have completed Canskate or gained previous skating experience in Prestige Performance. Includes group instruction with a Skate Canada coach focusing on skills up to the Star 3 level and will run from September to June.

- Typical age range: 11-15 years of age (registrants must be 11 or older on July 1 of 2025)
- Jimmie Condon arena:
- Sat 10:45-11:30 am 15-minute group stroking followed by 30 group lesson with a coach
- If your skater would like to pursue their skating tests in skills free skate and dance, hiring a private coach would be required. Additional Ice times for practice and private coaching may be purchased and will increase the skill attainment of a skater.
- Please email GM@calalta.net if you need assistance in finding a coach who fits your schedule and budget.

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