



2020/2021 FALL/WINTER: PreSTAR and PreSTAR Academy Schedule

**See below for class descriptions*

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
5:00-5:30PM: PSA GROUP	4:15-4:45PM: PS OFF ICE	3:45-4:30PM: PSA LESSON//PRACTICE	1:00-1:30PM: PS OFF ICE
5:30-6:15PM: PSA LESSON//PRACTICE	5:00-5:15PM: PS STROKING	4:30-5:00PM: PSA GROUP	1:45-2:00PM: PS STROKING
6:30-7:15PM: PSA OFF ICE	5:15-6:00PM: PS GROUP	5:15-6:00PM: PSA OFF ICE	2:00-2:45PM: PS GROUP

***PreSTAR Skaters are encouraged to skate a minimum of 2 sessions per week and attend all off ice classes. PreSTAR Academy skaters must have an invitation from the Skating Director and meet the criteria prior to registering. PreSTAR Academy skaters must be registered for two days a week in either PreSTAR or STARskate.**

PreSTAR Group classes will consist of the following components in a Group setting. Small groups will rotate through coaches that will be teaching the following disciplines in stations.

Skating Skills: The movements are derived from former compulsory figures, free skating and ice dancing. The objective of the Skating Skills program is mastery of the basic fundamentals of skating – edge quality, control, power and speed.

Ice Dance: Teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison.

Free Skate: Free skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music.

Stroking: During stroking classes, skaters work on blade pushes, posture, speed, technique, and knee bend. Each class will have a focus of either Power, Cardio, Strength, Performance, or Edges.

Creative: The objective is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style.

Off Ice: Included in registration fees, off ice classes will focus on jump technique, fitness, dance, goal-setting, and mindfulness. Off ice training is an integral part of a skater's development and is considered just as valuable as on ice sessions. Skaters are strongly encouraged to attend all off ice practices.