



## 2022/2023 FALL/WINTER: PreSTAR & PreSTAR Academy\* Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>5:00-5:15 PM</b> PreSTAR Group Development	<b>4:45-5:30 PM</b> PreSTAR Group Lesson	<b>5:00-5:15 PM</b> PreSTAR Group Development	<b>5:15-5:30 PM</b> PreSTAR Academy* Group Development	<b>12:15-12:30 PM</b> PreSTAR Group Development
<b>5:15-6:00 PM</b> PreSTAR Group Lesson	<b>5:40-6:10PM</b> PreSTAR Off Ice  <i>(this session starts on January 10th)</i>	<b>5:15-6:00 PM</b> PreSTAR Group Lesson	<b>5:30-6:15 PM</b> PreSTAR Academy* private lesson, practice	<b>12:30-1:15 PM</b> PreSTAR Group Lesson
<b>6:10-6:40 PM</b> PreSTAR Off Ice		<b>6:10-6:40PM</b> PreSTAR Off Ice	<b>6:30-7:15 PM</b> PreSTAR Academy* Off Ice	<b>1:30-2:15 PM</b> PreSTAR Off Ice

Subject to change

\*PreSTAR Academy skaters must have an invitation from the Skating Director, be registered for two days a week in either PreSTAR or STARskate and meet the criteria prior to registering.

**PreSTAR skaters are strongly encouraged to skate a minimum of 2 sessions per week and attend all off ice classes**

PreSTAR Group classes will consist of the following components in a group setting. Small groups will rotate through coaches that will teach 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.

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

**Group Development:** During these 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 focus on jump technique, fitness, dance, flexibility, and goal setting. 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.