

A GUIDE TO PROGRAMS OFFERED BY THE NORTH SURREY SKATING CLUB

CANSKATE FOR TOTS: For skaters 3 – 5 years of age who have never skated. Especially designed for tots with fun and recreation in mind. "Tots" incorporates group instruction with a coach and lots of fun activities, awards and incentives that will prepare the skater for Stage One or Stage Two of the Skate Canada CanSkate Program. **HELMETS, GLOVES AND SKATES ARE MANDATORY IN THIS PROGRAM AS NO SKATE RENTAL IS AVAILABLE.** Tots Skate is available on all CanSkate sessions.

CANSKATE – LEARN TO SKATE: This is a learn to skate program for skaters of all ages including adults, teens and tots from age 3. Skills taught in CanSkate include forward skating, backward skating, stopping, turning, spinning, jumping and the four basic edges. This program integrates more difficult skills that will be very useful in figure skating, hockey, speed skating, ringette or recreational skating. Skaters who have completed or participated in "Parks and Rec" skating lessons can easily be placed into the CanSkate program. CanSkate sessions include group instruction from a Skate Canada Professional Coach with warm-up and cool down, circuit training, rhythm exercises, movement games, and supervised practice time.

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OPEN ICE: Dance/Skills, Freeskate and Multi (any discipline) is open to all skaters booked in private lessons.

PRE-TEEN/ADULT PROGRAM: a new program for pre-teens through adults that introduces the basics of figure skating. The Pre-teen/Adult Program is a group style learning class for mature skaters wishing to advance their figure skating skill development. The program offers reasonably priced training due to the group lesson format. *Prerequisite: Minimum completion of CanSkate Level 4 or equivalent skating ability.*

COMPETITIVE PROGRAMS: Invite only programs designed to meet the needs of those skaters who have the required abilities and desire to skate in the Skate Canada competition system. All programs are coached by highly qualified Skate Canada certified coaches and off ice specialists.

The four levels of this system are:

Pre-Bronze Program: a new program introduced in 2013, that is a transitional step to our Bronze, Silver and Gold programs. It is offered to select young CanSkaters to allow them the opportunity to explore the sport of figure skating. The Pre-Bronze Program is a group style learning class based on fun, fitness, learning/listening and skills, offering reasonably priced training on and off the ice due to the group lesson format. Skaters will be required to register in one CanSkate session in addition to the Pre-Bronze program. Participation in this program is limited to two years and then skaters must move forward to the Bronze Program or Open Ice.

Bronze Program: a special program that introduces the basics of figure skating. It is offered to skaters who have potential competitive abilities. Bronze Program includes high quality, reasonably priced training on and off the ice in a group setting. This program will give skaters the tools to progress through critical phases of figure skating skill development. Participation in this program is limited to three years and then skaters must move forward to the Silver Program or Open ice.

Silver Program: offered to those skaters who have acquired the skills needed to participate in the Skate Canada competitive system. This program is divided into Silver A, B & C and includes advanced training classes on and off the ice in a group setting. A full commitment to competitive training is required: Silver A & B must commit to one off-ice session and three ice sessions; Silver C must commit to one off-ice session and five ice sessions. Additional private lessons are recommended and should be discussed and set up with the skater's base coach before booking ice.

Gold Program: available to those skaters who qualify by test level. This program is for high performance competitors with strong technical skills. The program includes Senior Level Advanced training on and off ice. A full commitment to competitive training is required and ice times and private lessons should be set-up in consultation with the skater's base coach, yearly training plan and Skate Canada training criteria.

The competitive programs and payment schedule is as follows: 1. Payment made for ice and facility rental is due with the registration form; 2. Payment is billed monthly for group and off ice coaching and is payable to NSSC Coaches; and 3. Fees for private instruction will be invoiced directly by your Coach, usually monthly, and are payable to the Coach and not to North Surrey Skating Club.

FOR ADDITIONAL INFORMATION PLEASE CONTACT ANY NSSC COACH OR EXECUTIVE MEMBER.