

### Program Details

- Skaters must be working on CANSKATE Stage 3
- 2 day / wk commitment
- All lessons are all included in the fee

### Equipment Requirements

- Figure skates
- Helmet is optional



### Program Details

The Milton Skating Club realizes that the transition from the Canskate program to the STAR 1 figure skating program is a big change both in terms of the time commitment and the financial commitment. We developed the Pre-STAR program to help ease this transition.

The goal of the program is to help skaters at a specific skill level focus on the necessary skills for figure skating quicker and be more prepared and familiar with the STAR 1 Figure skating program when they are ready to enter it fully.

The PRE-STAR program is a two day per week commitment which is consistent with the minimum requirements for all other figure skating programs within our club however it allows skaters to remain in group lessons. The goal in the group lessons is to focus on skills that are specific to figure skating with the intent of developing a strong set of basics needed for future success. The groups are smaller and the skaters are evaluated on an ongoing basis as well as receive a progress report at the end of the program. Skaters will be introduced to dance, spins, jumps, skills and power.

The coaches have identified your child as having developed the appropriate skills to advance into the PRE-STAR figure skating program. The next session for this program will start the first week of September and information will be sent out by email mid July.

We look forward to seeing you back at the rink!

Questions: If you have any questions  
please feel free to contact us at...

905-878-9311

- This fee includes ice time and all lessons.
- Skate Canada membership / insurance fee is included
- There are no additional costs.