



Indus Figure Skating Club Programs

❖ **CanSkate/Pre-CanSkate (Learn to Skate Groups)**

Group badge program for ages 3-adult. No skating ability needed. CanSkate badges 1-6 teaching Balance, Control, and Agility. Skaters are continuously assessed and grouped accordingly by the coaching team.

Learn to Skate ages 3 & 4 / CanSkate ages 5-adult (ages 3-4 can be moved to CanSkate by coaches).

Items Needed: Skates (sharpened/properly fitted), CSA certified hockey helmet mask optional (no bike/ski helmets), warm skating clothes, gloves (no hockey gloves).

❖ **Intro to Figure Skating Group**

Must have passed CanSkate badge 3 or above. No age limits. Skaters will complete CanSkate badges and be introduced to figure skating elements.

Items Needed: Figure skates (Professional Skate Service –403-243-3663), CSA certified hockey helmet (until completed badge 5).

❖ **STARSkate (Figure Skating)**

Skate Canada National Certified testing system for recreational and competitive figure skaters. Builds the fundamentals of skating in ice dance, skating skills, and freeskate. This program is taught in a group, semi-private, and private lesson format by the coaching team. Further details about STARSkate will be provided to each skater.

For more info contact coach Lesley Stewart at

figureskating@indusrec.ca or roblesstewart@hotmail.com