



---

## *Indus Figure Skating Club Programs*

---

### ❖ **CanSkate/Pre-CanSkate Group**

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.

Pre-CanSkate 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 – Contact Craig Finney 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](mailto:figureskating@indusrec.ca) or [roblesstewart@hotmail.com](mailto:roblesstewart@hotmail.com)