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| **2023 SPRING - PROGRAMS OFFERED**  |
| **PRECANSKATE**Suitable for beginners age 3+ Skaters complete Precanskate and Canskate Stage 1 at this level before advancing to the full Canskate program  |
| **CANSKATE**Canada’s flagship skating program designed for skaters who have completed the Precanskate program or age 5+ with basic skills. This program is beneficial to skaters interested in or participating in all ice sports (hockey, ringette, figure skating)  |
| **POWERSKATE****Suitable for hockey players (girls and boys) age 6-12 years.** A 40-minute program taught by our NCCP Certified CanPowerskate Professional Coaches. The CanPowerskate program is endorsed by Hockey Canada as the National powerskating program. This action packed, high-energy, instructional power skating program focuses on power, balance, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format. **PREREQUISITE:** At **minimum**, players **must be able to skate the perimeter of the ice without their stick, push with both feet, skate forwards and backwards, stop, balance and glide on one foot**.  Coaches will assess participants on first night and reserve the right to recommend a switch in program if required skills are not met. Full hockey equipment and stick required. This program is **NOT** a learn-to-skate program - minimum skating skills noted above are taught through our Canskate program. |
| **STARSKATE**Figure skating program – skaters must have completed Stage 4/5 of the Canskate program or upon coach recommendation  |
| **SPRING 2023 SCHEDULE****(all programs held at Alder Rec Centre – Green Rink)** |
| **NOTE:** *A $45 membership/insurance fee per skater will be added to the costs below. This fee is payable once per season on your first registration and will not be charged on any subsequent registrations during the 2022-2023 season (Sept 1-Aug 31)* |
| **TUESDAYS (5 weeks) March 28-April 25**  |  |
| **STARSKATE – SENIOR & JR 2 (figure skating)** | 4:00-5:15 pm | TBD |
| **POWERSKATE** | 5:20-6:00 pm | $120 |
| **CANSKATE** | 6:20-7:00 pm | $120 |
| **PRECANSKATE** | 6:30-7:00 pm | $95 |
| **STARSKATE – PRESTAR & JR 1 & 2 (figure skating)** | 7:00-7:50 pm | TBD |
| **THURSDAYS (5 weeks) March 30-April 27** |  |
| **STARSKATE – SENIOR & JR 2 (figure skating)** | 4:00-5:40 pm | TBD |
| **PRECANSKATE** | 6:00-6:30 pm | $95 |
| **CANSKATE** | 6:30-7:10 pm | $120 |
| **STARSKATE – PRESTAR & JR 1 & 2 (figure skating)** | 7:05-7:50 pm | TBD |