

CLUB TECUMSEH PROGRAMS

PRE/CANPOWERSKATE

Full hockey equipment required

Introductory (**Pre-CanPowerSkate**) program geared to children approximately 4-6 years of age, who can stand up on skates and move forward (shuffle, walk or glide) who may not be ready for CanPowerSkate Level 1. It is designed to teach basic skating skills and technique in a power skating specific environment.

Progressive format is presented in 3 levels; A, B, and C. Focus is on the basic fundamentals including balance skills forward and backward skating, stopping, turning and agility skills. Awards will be given to encourage participation and motivate skaters.

Full hockey equipment required

Power Skate is an action-packed, high energy instructional program geared to hockey and ringuette skaters, aged approximately six or older, who already have basic forward and backward skating skills. The program focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. Power Skate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringuette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

BIG & LITTLE SKATE

This is a new program designed for pre-beginners ages 2-6. A parent or a family member will have the opportunity to participate with the class for each child registered in this class. This program offers 15 minutes off-ice instruction and 30 minutes on ice instruction.

CANSKATE

Hockey Helmet required

Canskate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants.

Stage 1 Balance

Stage 2 Glide forwards

Stage 3 Glide Backwards

Stage 4 Edges

For safety reasons, a parent or guardian must remain in the building during your child's lesson.

STARSKATE

Skaters must have passed CanSkate Stage 4. STARSkate includes those working on CanSkate stages 5 to 7 and those working on Pre-Preliminary to Gold. STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of **ice dance, skating skills, free skate and interpretive skating**. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating.

Club Tecumseh has organized the Starskate curriculum into the following structure...

20 min. group lesson-each coach will focus on a different aspect of the program

15 min. private lesson- *It is highly recommended to have a private coach.

Remainder of session- practise skills learned in group or private lessons.

Club Tecumseh Ice Schedule

Wednesday

3:45 – 4:30pm

4:30- 5:15pm

5:15-6:00pm

Big & Little Skate

Canskate

Starskate

Thursday

4:10 - 5:00pm

5:00 – 6:00pm

Pre/CanPowerskate

Starskate

Friday

3:30 – 4:30

4:40 -5:30

Open skate

STARSkate

Saturday

10:10 - 11:00pm

11:15 - 12:00pm

12:00 – 12:10pm

12:10 – 1:00pm

STARSkate

CanSkate

Flood

CanPowerskate

Schedule subject to change

