



## PRESTARSKATE PROGRAM

**WHAT IS PRESTARSKATE?** Skills, Tests, Achievement, Recognition – this is what STARskate is all about!

The Red Deer Skating Club's PreSTARskate is an introductory program designed to teach the elements of figure skating. STARskate offers opportunities for skaters to develop skills in the areas of ice dance, skating skills and freeskate. This program teaches figure skating skills in a group lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. **QUALIFICATIONS:** Skaters must have completed CanSkate Stage 4 and be 5 years of age or have attended a previous PreSTARskate program. This is not a learn-to-skate program. For Prestarskate you will need to wear lace up figure skates (not molded or recreational skates with velcro or buckles). You will need mitts and a form fitting jacket as well as yoga pants or leggings or a skating dress (a dress is not mandatory). Boys wear track pants or sweats with tight legs. Also, have your child's hair pulled back off their face so they can see where they are going.

Skaters have the opportunity to take private lessons with any of the Red Deer Skating Club's coaching staff. Please contact the coaches directly to make arrangements for lessons. There will be an additional fee for coaching private lessons.

### Professional Coaches:

#### LANA BELLMORE

Provincial Coach  
Coaching Since: 1991  
Rate: \$13.00  
Phone: (403) 506-188  
[lanabellmore@gmail.com](mailto:lanabellmore@gmail.com)

#### PATTI SOMER

National Coach  
Coaching Since: 1982  
Rate: \$13.00  
Phone: (403) 396-3964  
[pattisomer@gmail.com](mailto:pattisomer@gmail.com)

#### JESSICA MACKAY

Provincial Coach  
Coaching Since: 2014  
Rate: \$12.00  
Phone: (780) 999-4192  
[jess.sergeant@hotmail.com](mailto:jess.sergeant@hotmail.com)

#### JENNIFER SHIGEMATSU

Provincial Coach Trained  
Coaching Since: 1993  
Rate: \$12.00  
Phone: (780) 385-0222  
[mjmk@live.ca](mailto:mjmk@live.ca)

#### MORGAN RATTAI

Provincial Coach  
Coaching Since: 2002  
Rate: \$11.00  
Phone: (780) 298-3258  
[morganrattai@outlook.com](mailto:morganrattai@outlook.com)

**There are 15 spots available.** Register at: [www.skatereddeer.com](http://www.skatereddeer.com). PreSTARskaters will share the ice with other skaters. Numbers will be limited for both groups of skaters. Costs for the program includes: ice, coaching, FIT class and Train the Brain. We will be offering a dryland training program called FIT which will include: a variety of dance styles, jumping technique on the floor, stretch & strength and more! Train the Brain is a human performance class to learn good habits and best practices. Please add it to your cart when registering. Skaters in this program may not register in Starskate programs.

**Red Deer Skating club reserves the right to change or cancel sessions as necessary.**

### SUMMER 2024 PRESTARSKATE

**FIT class:** Monday – Friday from 11-1145am

**Train The Brain:** Wednesday July 10<sup>th</sup> and 31<sup>st</sup> from 1215-1pm.

**PLACE:** Collicutt Center 3031 30<sup>th</sup> Avenue and Dawe Arena 56 Holt Street

#### DATES & FEES:

<b>Week #1</b>	July 2 <sup>nd</sup> – 5 <sup>th</sup>	<b>\$64.00</b>	9:45am – 10:45am	<b>Collicutt Center</b>
<b>Week #2</b>	July 8 <sup>th</sup> – 12 <sup>th</sup>	<b>\$80.00</b>	9:45am – 10:45am	<b>Collicutt Center</b>
<b>Week #3</b>	July 15 <sup>th</sup> – 19 <sup>th</sup>	<b>\$80.00</b>	9:45am – 10:45am	<b>Collicutt Center</b>
<b>Week #4</b>	July 22 <sup>nd</sup> – 26 <sup>th</sup>	<b>\$80.00</b>	9:45am – 10:45am	<b>Collicutt Center</b>
<b>Week #5</b>	July 29 <sup>th</sup> – Aug 2 <sup>nd</sup>	<b>\$80.00</b>	9:45am – 10:45am	<b>Collicutt Center</b>
<b>Week #6</b>	Aug 6 <sup>th</sup> – 9 <sup>th</sup>	<b>\$64.00</b>	9:45am – 10:45am	<b>Dawe Arena</b>

**REGISTRATION OPENS MAY 6<sup>th</sup>!**