

Information sheet for skaters moving up to Junior Program JDFSC for spring skating at Westhills Arena

The structure of the Junior session is as follows:

*Off ice warm up class (15 minutes)

*Stroking class (10 minutes)

Freeskate time (15 minutes)

*Group lesson (15 minutes)

Freeskate time (15 minutes)

*these lessons are included in the fee you pay to the club for registration

Junior session is the start of the Skate Canada Starskate Program which is a figure skating program not a Learn to Skate Program (Canskate). This program is for skaters age 5 or older that have the skill level of Canskate Stage 4, 5 or 6. The coaches will advise when your child is ready for this program. In this program the children are now learning to practise on their own during the Freeskate time in the session. However, you may book a group lesson during one of the Freeskate times so that your child only has 15 minutes to practise on their own, instead of 30 minutes. These lessons are billed to the skaters every 2 weeks by the coach teaching your child. It is advised that when your child moves up to Juniors that a primary coach is selected to give these lessons to your child. These lessons may be booked at your discretion at any time. Junior sessions are available on Mondays, Wednesdays, Thursdays, and Fridays. Skaters registering for junior program do not skate on Canskate sessions. It is recommended that this level skates a minimum of twice per week. This is also the program where skaters may start to work on a solo when advised by your primary coach.

The Pre-Junior session is also a Skate Canada figure skating program, not a Learn to Skate Program (Canskate). This program is for skaters age 5-8 that have the skill level of Canskate 2, 3 or 4 and is by invite only to this session by the coaching staff. The ice times are the same as the junior session structure listed above, the only difference is that these children are never left on their own to practise. They are either with a professional coach or a PA (Program Assistant) like in Canskate. The fees for this program include the ice time and lessons as this level is not ready to practise on their own during the Freeskate times. Pre-Junior sessions are only available on Mondays and Thursdays. Skaters are able to keep their Canskate day and add one or both of the Pre-Junior days to their schedule for this program. It is recommended that this level does skate a minimum of twice per week, if possible (ie: one day Canskate, one day Pre-Junior or two days Pre-Junior)

If you have any questions please contact the Junior Director, Dave MacDonald #250-896-2476 or speak with any of the coaches at the arena. You may also email Canskate Co- Directors;

Mrs. Rushton – lrushton@telus.net or Miss Annaliese – Jdfcoach@yahoo.ca

Please note: Mrs. Rushton is away from March 17-28 and is happy to help you after the 28th

Looking forward to a great spring season of skating!