

What are my options after CanSkate?

Skate Regina offers

- **CanSynchroSkate**
Synchronized Skating involves a team of skaters performing various group formations and maneuvers.
- **Jr. STARSkate**
The Junior STARSkate program provides the opportunity for transition from recreational programs to figure skating in a one hour group lesson format.
- **STARSkate**
STARSkate is all about **Skills, Tests, Achievement, Recognition!** Private or semi-private instruction is available in the disciplines of ice dance, skating skills, free skate, and interpretive skating. Skaters have the opportunity to take Skate Canada tests through a nationally standardized system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue competitive or synchronized skating.
- **CompetitiveSkate**
Competitive Skate is a testing program for skaters in singles, pairs and dance wishing to compete in qualifying events within Skate Canada. CanSkaters and STARSkaters who want to challenge their figure skating skills and show potential as competitive skaters can participate.

For more information contact Skate Regina by e-mail at skateregina@accesscomm.ca visit our website at www.skateregina.ca or leave a message at 586-4898.

Fitness Component	Fitness II	Fitness II
Flexibility	Sit and reach to toes	Sit and reach beyond toes
Cardiovascular Endurance	5 minute skate	10 minute skate
Muscular Endurance	Squat for reps	One-Leg Squat for reps
Agility	Obstacle Course	Obstacle Course

What's next after CanSkate?



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HOMESENSE

- Learn more advanced figure skating skills in free skate, dance and skating skills
- Choose group, semi-private or private lessons taught by professional coaches.
- Earn badges and other incentives including certificates, stickers and tattoos!
- Be tested against a national standard by specially trained evaluators (optional)
- Serves as an entry into the Skate Canada competitive program by qualifying skaters for various levels of events.
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Other program options include



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Progress Card

Name _____

Skate Canada # _____

(see label on parent information letter)



