



PRE-STAR PROGRAM INFORMATION

The Gloucester Skating Club's **PRE-STAR** is a *by invitation program* that provides the skater and parents, an **"INTRODUCTION TO FIGURE SKATING"**. It is offered to identified skaters in the CanSkate Program and STAR 1 & 2 in the STARSkate Program.

Skaters who show an interest and aptitude in figure skating can accelerate their progress on the ice by skating an extra day each week. Skaters must also be registered in either a **CanSkate** or a **Bronze StarSkate** session to participate in the **PRE-STAR Program**.

Coaching is in a group lesson format where skaters work on *jumping, spinning, edge development, music interpretation* and more. Skaters have the opportunity to work with each of our club's full-time professional coaches over the season.

Skaters also receive a **30 minute off-ice warm-up** class each week to improve *flexibility, agility* and *coordination* through a fun learning environment.

The **PRE-STAR** is a bridge program for skaters nearing the end of CanSkate or starting out in STARSkate, helping them prepare for a future in figure skating!

Additional program details and cost can be provided by contacting our Club Administrator at [**info@gloucesterskatingclub.ca**](mailto:info@gloucesterskatingclub.ca).

It is a requirement for all parent(s) with children under the age of 10 to be in the building while their child is participating in our programming.

