

What are the StarSkate Classes?

Skills:

Skating Skills are a combination of fundamental skating movements, executed on a pattern and skated solo. The objective of the Skating Skills program is mastery of the basic fundamentals of skating – edge quality, control, power, and speed. Skaters must take Skate Canada Tests to move up into the next level of Skating Skills.

Dance:

Ice Dance teaches timing, musicality, rhythm interpretation, and structure as well as basic skating skills such as edges, flow, and control. Skaters must take Skate Canada Tests to move up into the next level of Ice Dance.

FreeSkate/Independent Work:

FreeSkate consists of execution of jumps, spins, footwork, field movements and stroking either in isolation (freeskate elements) or performed in a sequence to music (Solo). Skaters must take Skate Canada Tests to move up into the next level. Skaters also can compete when getting private lessons.

Group Class:

A group class to work on further development of skating skills in any aspect of the sport of figure skating. Coaches will discuss skater goals and tailor classes to fit the group.

Edges/Power/Turns:

A group class to further develop basic skating skills, and introduce challenges to continue to develop Power, Edges and Turns.

Synchro:

Synchronized skating is a specialized discipline of skating involving groups of 8-16 skaters performing various group formations and individual skating skills.

Artistic:

The focus of the Artistic discipline is the development of program components, musical movement and creativity. Artistic combines skating aspects such as turns, edges and field moves, with creative spins and the ability to project emotion and artistry. The aspects developed through Artistic assessments benefit every discipline in skating.

Please note, skaters need a strong foundation of basic skating skills, edges and turns, spins and field moves for the entry level of Artistic (STAR 5). Skaters must have completed STAR 4 Skills prior to entering STAR 5 Artistic.