

# Junior Program

## Who is it for?

CanSkaters who have passed the stage 3 CanSkate badge.

## What is it?

It is a transition program to guide skaters from CanSkate which is 100% coach-directed, to StarSkate where skaters get a bit of independence. Skaters in this program will continue to complete CanSkate stages 4,5,6, while also learning figure skating specific skills.

## What supplies are needed?

Junior skaters are encouraged to have figure skates that have an entry level figure skating boot. (Jackson Mystique or Artiste are a good entry level skate) It is a good idea to speak to your coach before purchasing new skates. **No molded plastic skates.** Skaters are also required to wear a CSA approved helmet until Stage 5 of CanSkate is passed.

We also ask that skaters wear appropriate skating attire – No scarfs, jeans or baggy clothing.

## What are the sessions like?

Junior skaters learn in a group environment from professional skating coaches. They work on the base skills of figure skating like stroking and edgework, one-foot spins, sit spins and foundational jumps like waltz jumps and toe loops. When a skater is deemed ready, and interested, they will be invited into the StarSkate program.