

What is the new STAR 1-5 Program?

The new STAR 1-5 Program helps to fill the gaps in the transition from CanSkate to StarSkate. This program includes Coach evaluated tests up to STAR 5. The club is also excited to be able to provide additional group lessons during regular sessions, particularly at the A and B levels. Skate Canada has found skaters learn better in groups, they tend to have more motivation and have more fun. It is also a plus for parents as it will save you money - more group lessons can give you the option for fewer private lessons. It can also prepare a skater better for independent time, as they can practice together.

Additional Information...

We are excited to once again offer Skater Development on Sunday morning for our B-D skaters! We are also offering a new **'Fundamentals'** program on Sunday afternoons that will focus on the development of the basics of skating – edges, turns, stroking, etc. We look forward to a fun year of skating!

Our Sponsors



Special Dates...

First Day of Sessions – Tuesday, September 4, 2018

Non Skating Days

- Thursday, September 20
- Sunday, September 23
- Sunday, February 3

Special Schedule Days

- Sunday, October 14
- Sunday, November 4
- Sunday, December 9
- Sunday, January 6
- Sunday, February 17

Test Days

- Wednesdays: Nov 21, Jan 23, Mar 20

Christmas Break – December 24 to January 1 inclusive

Last Day of Sessions – Sunday, March 31, 2019 (Spirit Day)



SKATECANADA
SKATE ONTARIO

OSHAWA SKATING CLUB

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OSHAWA SKATING CLUB

All you need is a pair of skates



**STARSkate /
Competitive
Programs**

www.oshawaskating.com



2018-2019 STARSkate / Competitive Programs

Programs	Monday Campus Ice Centre	Tuesday Campus Ice Centre	Wednesday Campus Ice Centre	Thursday Legends (Pad 4)	Sunday Campus Ice Centre	Full Membership
Level A	5:15 - 6:15pm OPEN A-D: \$636.40	5:45 - 6:35pm PLB/A/B: \$570.00	5:15 - 6:05pm A: \$530.00	5:15 - 6:15pm PreSTAR/A: \$659.60	11:15am - 12:05pm PreSTAR/A: \$470.00	\$2100
Level B	5:15 - 6:15pm OPEN A-D: \$636.40	5:45 - 6:35pm PLB/A/B: \$542.00	6:15 - 7:15pm B/C: \$587.20	7:15 - 8:20pm B/C: \$675.00	7:15 - 8:20am B/C: \$582.75	\$2615
Level C	5:15 - 6:15pm OPEN A-D: \$582.40	6:45 - 8:05pm C/D: \$720.00	6:15 - 7:15pm B/C: \$561.20	7:15 - 8:20pm B/C: \$675.00	7:15 - 8:20am B/C: \$582.75	\$2615
Level D	5:15 - 6:15pm OPEN A-D: \$582.40	6:45 - 8:05pm C/D: \$720.00	7:05 - 8:05pm D: \$561.20	8:00 - 9:05pm D: \$675.00	9:00 - 10:05am D: \$612.75	\$2615
SKATER DEVELOPMENT (SUN: 30 min on-ice)					8:20 - 9:00am B/C/D: \$339.70	
! NEW ! FUNDAMENTALS (SUN: 50 min on-ice)					12:15 - 1:05pm PreSTAR-D: \$472.00	
OFF ICE SUN: 16 sessions (Oct 7 to Mar 17)					B/C: 9:15 - 10:00am \$160 PreSTAR/A: 10:15 - 11:00am \$160 D: 11:15am - 12:00pm \$160	

Registration Fees: All registrations are subject to a Club fee of \$120.00 payable once a year. This fee includes Club admin fees, Skate Canada Registration Fee, Safe Sport Fee, and a Fundraising fee. The Fundraising fee is for a book of Ontario Skaters' Promotional Contest raffle tickets worth \$40 which you can sell to recoup the cost. OSC reserves the right to change prices or schedules without notice. Ice cancellations due to arena unavailability, weather, or unforeseen issues are not the responsibility of our Club.

PROGRAM DESCRIPTIONS

Our Figure Skating programs continue to work within Canada's LTAD (Long Term Athlete Development) program. In addition to regular sessions, group lessons, extra skater development, and off ice training are offered. Figure skates are required for all sessions. A Private Coach is strongly recommended.

Skater Development Sessions (B-D Skaters)

This session will be Club Coach instructed and focus on the development of the technical aspects of our sport (jumps, spins, step and choreographic sequences), as well as developing a skater's level of performance.

Fundamentals Sessions (Pre-Star-D Skaters)

This session will be Club Coach instructed and will focus on 'the basic turns and edges'. It will also include sessions on stroking technique, dance steps, jump and spin exercises.

Level A

Skaters must have completed the CanSkate Stage 6 badge.

Level B

Skaters must have passed all three STAR I tests plus one complete STAR 3 test.

Level C

Skaters must have passed the complete STAR 3 Free Skate and complete STAR 4 Skills and Dance.

Level D

Skaters must have passed the complete STAR 4 Free Skate plus one complete Senior Bronze test.

Off Ice Training (PreStar-Level D)

This will focus on stretching, flexibility, and movement. Equipment needed for these sessions - running shoes, workout clothes and yoga mat.

Full Memberships

A full membership gives your skater access to all sessions available for their level. This includes all Club provided lessons and ice time, as well as Skater Development, Fundamentals and Off Ice. A full membership does not include your skater's private coach - this is an agreement between you and your coach and is in addition to the club fees. Please let your private coach know if you can or cannot make a session so our Club can prepare appropriately.

Questions?

registrar@oshawaskating.com
programs@oshawaskating.com

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