

APEX SKATING ACADEMY

STAR ACADEMY PROGRAM



STAR Academy sessions are an introduction to figure skating and are geared towards skaters working on STAR 1 Assessments. Skaters will learn the fundamentals in the 3 Areas of Skate Canada's STAR Program: Free Skate (Jumps and Spins), Skating Skills (Stroking and Field Movements) and Ice Dance. The STAR Academy will be taught in a group format by trained Skate Canada Professional Coaches in a fun and enthusiastic atmosphere.

Eligibility: Skaters working on STAR 1 Assessments.

*CanSkaters working on Stages 4-6, with an interest in focusing on figure skating skills, are also encouraged to register for the **STAR Academy Program**.

	Day and Time	Cost
Saturday and Wednesday (8 sessions)	Saturday (2:50pm-3:50pm) – September 7, 14, 21, 28 & Wednesday (5:30pm-6:30pm) – September 4, 11, 18, 25	\$130+HST
Saturdays (4 sessions)	Saturday (2:50pm-3:50pm) – September 7, 14, 21, 28	\$75+HST
Wednesdays (4 sessions)	Wednesday (5:30pm-6:30pm) – September 4, 11, 18, 25	\$75+HST

***Note:** All coaching fees are included in the cost of the STAR Academy Program.

How to Register: Registration will be completed online at <https://apex.uplifterinc.com> and accepted on a first come first served basis.

Registration Opens – **Sunday, July 28, 2019 at 1:00PM**

Program Dates and Locations:

SATURDAY		WEDNESDAY	
07-Sept	CBS Arena	04-Sept	CBS Arena
14-Sept	Robert French Memorial Stadium	11-Sept	CBS Arena
21-Sept	Robert French Memorial Stadium	18-Sept	CBS Arena
28-Sept	Robert French Memorial Stadium	25-Sept	CBS Arena

If you have any questions, please inquire at apexskatingacademy@gmail.com

