



RISING STARS

RISING STARS is the bridging program from Canskate to STARSkate (figure skating).

- for skaters who have completed Stage 3 in Canskate
- for skaters who want to excel in figure skating
- group lessons in a fun, dynamic atmosphere
- includes on-ice and off-ice training each day

Program Requirements

- skaters must skate two days per week minimum; three days is recommended.
- Off-ice classes (jumps, yoga) are mandatory. Proper footwear required.

Registration

- By the season (Fall and Winter, Spring, Summer, Bootbreaker)
- fees include ALL ice time, off-ice training and all instruction costs

Equipment Requirements

- Figure skates with firm support
- Hard guards for walking off ice; soft rag to dry blades; soft guards for storing in bags.
- CSA approved helmet.
- Fitted clothing with long sleeves, no bulky coats or hooded sweaters, and gloves.
- Proper running shoes and water bottle for off-ice classes

Performance and Opportunities

- The GPSC will offer a Fall Showcase to encourage skaters to 'Shine Like a Star' for family and friends at our local arena
- Skaters will wear their skating dress and tights, and supported by their coach will present their skills to the audience in an atmosphere of fun and encouragement.
- Skaters will be included in the Holiday Ice Show