

Welcome to the Prince Edward County Skating Club! PECSC is pleased to be able to offer a wide variety of fun and engaging skating programs, taught by qualified Skate Canada coaches. From beginner to advanced, our programs are designed to suit the abilities and needs of your skater!

Our Skating Programs: Dates, Times & Prices*

PRE-CANSKATE—\$300 (1 session/week)

- ◆ PICTON: Monday, 6:20-6:50 PM
- ◆ WELLINGTON: Saturday, 9:50-10:20 AM

CANSKATE—\$400 (1 session/week)

- ◆ PICTON: Monday, 6:00-6:50 PM
- ◆ WELLINGTON: Saturday, 9:30-10:20 AM

RISING STAR—\$700 (2 sessions/week)

- ◆ Monday, 5:00 to 5:50 PM (Picton)
- ◆ Saturday, 8:30 to 9:20 AM (Wellington)

STAR 1-2/STARSkate**

- ◆ Monday, 4:00-5:50 PM (Picton)
- ◆ Wednesday, 5:30-6:50 PM (Wellington), with an Off-Ice session (7:00-7:30 PM)
- ◆ Saturday, 7:00-9:20 AM (Wellington)
- ◆ FEES: Monday: **\$800**; Wednesday: **\$800**; Saturday: **\$700**
- ◆ Fee Combinations:
 - Monday/Wednesday: **\$1415**
 - Monday/Saturday: **\$1315**
 - Wednesday/Saturday: **\$1315**
 - Mon./Wed./Sat.: **\$1930**

*(Fee combinations reflect
PECSC's multi-day discount)*

*All fees and prices include a Skate Canada fee and \$50 Club Fundraising fee

** There will be additional coaching fees charged for this program throughout the season

COMPETITIVE

Skaters who wish to challenge their figure skating skills, and who show potential as competitive skaters, can participate in the Competitive Skate program. There are several opportunities throughout the season for skaters to participate in a variety of competitive events. Please ask your skater's coach for further details!

OFF-ICE

The sport of skating has its own unique physical requirements. In order to perform all skating elements, skaters need to be well-prepared, both physically and technically. Physical preparation is an integral part of all skating programs, whether they are competitive or recreational.

PECSC is thrilled to be able to offer a comprehensive Off-Ice program to our Rising Star, Star 1-2 and STARSkate skaters! Our Off-Ice program includes exercises from yoga, ballet and Pilates, combined with sport-specific exercises (figure skating spins, jumps and technical skills), plyometric training and conditioning. Participation in the Off-Ice program will speed up progress on the ice, and will help to prevent injuries.

PRINCE EDWARD COUNTY
Skating Club 

PRINCE EDWARD COUNTY SKATING CLUB

Facebook: @pecskatingclub

Instagram: @pecskatingclub

Twitter: @pecskatingclub

Questions? For further information, please email:
pecscinfo@gmail.com

www.pecskatingclub.ca

PRINCE EDWARD COUNTY
Skating Club 

SKATING
PROGRAMS

2019-2020
FALL/WINTER SEASON



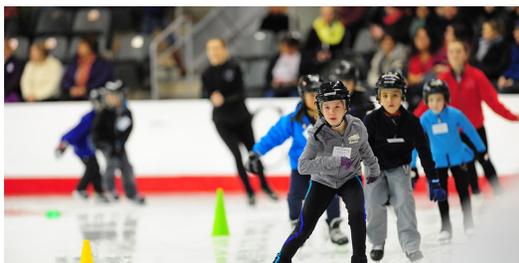
www.pecskatingclub.ca



PRE-CANSKATE

Our program for beginners! Pre-Canskate is designed for beginning skaters (typically ages 3-5 years, at the start of the season). They require little to no skating experience! Instruction will be given for 30 minutes a week. Each session will include a warm-up and group instruction. Incentives are handed out at the end of each class, and report cards will be handed out at intervals throughout the season. Skaters are assessed continuously, and may be moved up to Canskate when ready.*

*A pro-rated price increase will be applied if a skater is ready to progress to Canskate during the skating season.



OUR PROGRAMS

CANSKATE

Canskate has been developed by skating experts to teach the fundamentals of skating in a progressive manner. Designed for beginners of all ages, the focus is on fun, participation and basic skill development. Participants are assessed continuously, and earn badges and ribbons as skills are mastered. Skaters are taught in a group-lesson format by Skate Canada professional coaches and trained program assistants.

The Canskate learning environment is enhanced through fun, music and colourful teaching aids & props, along with lots of praise and feedback from coaches! This unique intro-to-ice environment is designed to stimulate and maintain interest and enthusiasm among skaters, allowing them to gain the physical competency and confidence to remain active for life.

RISING STAR

Rising Star (formerly Advanced Canskate) is a fast-track program designed to allow skaters the opportunity to learn skating skills in a group format, and at an advanced pace. This program is the transition to our STARSkate program. Skaters must have passed Canskate Stage 4 in order to be registered for this program. Skaters are on the ice for two 1-hour sessions per week, to allow for optimum progress. Classes include on-ice and off-ice programs where skaters will learn how to jump, spin, stroke and perform.

STAR 1-2**

The Star 1-2 program is designed for figure skaters who have completed the Canskate-level badges. Skaters are recommended to skate a minimum of two sessions per week (with three being ideal). Private, semi-private or small-group lessons are mandatory at this level. ** This program is focused on teaching strong skating basics: jumping, spinning, ice-dancing and performance skills. Skaters in Star 1-2 may test and begin competing!

STARSKATE**

Skills, Tests, Achievement, Recognition—this is what STARSkate is all about! The STARSkate program is the next step after Star 1-2. Unique to Canada, STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Specially-designed awards and incentives are included!

STARSkaters are able to take Skate Canada tests through a nationally standardized system. There are also many opportunities for STARSkate program skaters to compete in local competitions!

Skills in the program are taught progressively and sequentially, in private lessons (arranged with their own coach) and small-group formats. ** Skaters will also begin to engage independently in their own practice.

**There are additional coaching fees for this program, in addition to the membership fees. The skater's coach is in charge of the skater's development, and knowledge of ice etiquette and club procedures.