



# Beaumont Skating Club StarSkate Program

## August 26, 2024 - March 29, 2025

### Welcome back Skaters!!

We hope your summer has been fruitful and you can't wait to get back on the ice. We have had many changes including a brand new board and coaches. Inside, you will find the skating categories, important dates, meet the coaches and the schedule with pricing. Let's Get To It!!!

## SKATING CATEGORIES

### SCHEDULE C

This is for Star 1-3 skaters. Any one who was a Star Academy Skater last year will now register in this category. Skate Canada has recently updated the requirements for Star 1-5 delivery standard to include more group coaching. Schedule C skaters who are working on Star 1 and 2 will have 30 minutes of Group coaching that is included in the pricing as well as either a 15 minute private or semi-group lesson with a coach. Our Star 3 skaters will get a 15 minute group as well as a 15 minute private or semi-lesson each day. Private and Semi-groups lessons will be invoiced by the individual coaches. The recommend number of skating days are 3 (Monday, Thursday and Friday)

### SCHEDULE B

This is for skaters who have passed their Star 3 Program and Elements. The recommended number of skating days is 4. Group skating will either be 15 minutes or 30 minutes depending on the day with a 45 minute FreeSkate. During the FreeSkate portion, skaters will receive private and/or semi-group lessons with a coach. It is recommended to skate Monday, Thursday and Friday as this includes our Off-Ice programing. With the 4th day being either Tuesday or Wednesday. Saturday is open for everyone to do Skills and Dance as well as a 45 minute FreeSkate.

### SCHEDULE A

This is for skaters who have passed Star 5 FreeSkate Program and Elements. For this level, the number of skating of days depends on your skill level with the recommend minimum of 6 sessions. Monday, Thursday and Friday sessions that include the off-ice program is mandatory. Please talk with your base coach on which sessions to register for.

### OFF ICE

Our explosive conditioning on Fridays offers effective off-ice exercises that will assist in developing leg power, abdominal strength, explosive quickness and cardiovascular endurance. Ballet (Thursday) offers not only flexibility but musicality and proper stretching techniques to help with posture and beautiful leg turn out. Our Shapes on Monday teaches specific dry land training aimed to enhance and develop proper on ice technique.



# Beaumont Skating Club StarSkate Program

## August 26, 2024 - March 29, 2025

### IMPORTANT DATES

August 26—29: First week of Skating (modified schedule)	Dec 20-Jan 5 No Regular Skating
Aug 29: Welcome Back BBQ 6pm	Dec 23, 26, 30 and Jan 2-3 Xmas Skating
Sep 2: Labour day: no skating	Jan 4: PA Training
Sept 3: Start of regular times	Jan 24-26 Star Series #3 Grand Prairie
Sept 7: PA Training	Jan 31—Feb 1 No Skating
Sept 27-29: Fall Competitive Airdrie	Feb 6-9 Skate Canada Trophy (Edmonton)
Sept 30: NDTR Skating	Feb 14-16: Star Series #4 Lethbridge
Oct 14: Thanksgiving No Skating	Feb 17: Family Day: No Skating
Oct 25-26: No Skating	Feb 21-23 Winter Invitational (Star 5 and up) Calgary
Oct 31: Halloween skating 4-5pm	March 21-23: StarSkate Championship Calgary
Oct 31-Nov 3 Sectionals Edmonton	March 28: Last Day of Skating
Nov 11: Remembrance Day: Skating	
Dec 6-8 Star Series 2 Competition Camrose	
Dec 19 Xmas Show	

### FUNDRAISING / VOLUNTEERING / POLICIES

- ⇒ This year when you register for your programs, you and your skater will be asked to read the Code of Conduct and Anti-bullying policies and then sign it.
- ⇒ Fundraising for this year will be \$350. \$175 will be added to your invoice with a date of Dec 20 and Mar 29. This entry will be removed when you complete your fundraising obligations.
- ⇒ Every Family will be required to complete 4 volunteer credits for the season. There will be opportunities for skaters and parents to volunteer. \$100 charge will be added to your invoice dated Dec 20 and Mar 29. Once your credits have been completed, we will remove the charge.
- ⇒ Beaumont Skating Club reserves the right to change and modify programs as we deem it necessary.
- ⇒ No Make-up Classes
- ⇒ If a skater is injured and has to be off the ice for longer than a week, we will provide a refund with a doctors note.



# Beaumont Skating Club StarSkate Program

## August 26, 2024 - March 29, 2025

### MEET THE COACHES



**Carla Stoltz**

Co-Director of Skating  
National Certified Coach  
National and International Experience



**Gennady Kaskov**

Co-Director of Skating  
National Certified Coach  
National and International Experience



**Brittany Forysth**

Base Coach  
Provincial Trained/Regional Certified  
Regional and Provincial Experience

Please email [info@beaumontsc.com](mailto:info@beaumontsc.com) with your preference for Base Coach and we will give your contact information to them. They will contact you with more information.

### Supplemental and Off Ice Coaches

**Mackenzie Alexander**

Conditioning and Shapes Coach  
Regional Certified Coach

**Monika Langer**

Ballet Instructor  
20 Years experience



# Beaumont Skating Club StarSkate Program

## August 26, 2024 - March 29, 2025

### SCHEDULE C

Monday (Aug 26)	Wednesday (Aug 28)	Thursday (Aug 29)
4-5pm FreeSkate	4-5pm FreeSkate	4:00-4:30pm - Enrich
5:00-5:30pm Enrichment	5:00-5:30pm Enrichment	4:30-5:30:15pm FreeSkate
5:45pm-6:45pm Conditioning	5:45pm-6:45pm Shapes	5:45pm-6:15pm Off-Ice
Cost: \$70		

First week of skating is mandatory skating. It needs to be the first thing you register for.

### BASE PACKAGE

	Monday	Thursday	Friday	
	<b>Sep 9-Mar 24</b>	<b>Sep 5-Mar 27</b>	<b>Sep 6-Mar 28</b>	
	4:45-5:15pm - Shapes	5:00-5:30pm - Enrich	4:45-5:30pm - Conditioning	
	5:30-6:00pm - Enrich	5:30-6:00pm - FreeSkate	5:45-6:15pm - Enrich	
	6:00-6:30pm - FreeSkate	6:15-7:00pm - Ballet	6:15-6:45pm - FreeSkate	
Month	\$ 60.00	\$ 70.00	\$ 70.00	\$ 190.00
Season	\$ 420.00	\$ 490.00	\$ 490.00	\$ 1,330.00

### Optional

<b>Saturday</b>	
<b>Sep 7- Mar 29</b>	
8:00-8:30am - Skills/Dance	
8:30-9:15am - FreeSkate	
Month	\$ 40.00
Season	\$ 280.00



# Beaumont Skating Club StarSkate Program

## August 26, 2024 - March 29, 2025

### SCHEDULE B

Monday (Aug 26)	Tuesday (Aug 27)	Wednesday (Aug 28)	Thursday (Aug 29)
4-5pm FreeSkate	4:00-4:30pm - Enrich	4-5pm FreeSkate	4:00-4:30pm - Enrich
5:00-5:30pm Enrichment	4:30-5:30:15pm FreeSkate	5:00-5:30pm Enrichment	4:30-5:30:15pm FreeSkate
5:45pm-6:45pm Conditioning	5:45pm-6:15pm Stretch	5:45pm-6:45pm Shapes	5:45pm-6:15pm Off Ice
Cost: \$90			

First week of skating is mandatory skating. It needs to be the first thing you register for.

### BASE PACKAGE

	Monday	Thursday	Friday
	<b>Sep 9-Mar 24</b>	<b>Sep 5-Mar 27</b>	<b>Sep 6-Mar 28</b>
	4:45-5:30pm - FreeSkate	4:15-5:00pm - FreeSkate	5:00-5:45pm - FreeSkate
	5:30-5:45pm - Enrich	5:00-5:15pm - Enrich	5:45-6:00pm - Enrich
	6:00-6:30pm - Shapes	5:30-6:15pm - Ballet	6:15-7:15pm - Conditioning
Month	\$ 50.00	\$ 65.00	\$ 60.00
Season	\$ 350.00	\$ 455.00	\$ 420.00

### At minimum choose 1

	Tuesday	Wednesday	Saturday
	<b>Sep 3 - Mar 25</b>	<b>Sep 4 - Mar 26</b>	<b>Sep 7 - Mar 29</b>
	4:00-4:30pm - Enrich	4:45-5:30pm - FreeSkate	8:00-8:30am - Skills/Dance
	4:30-5:15pm - FreeSkate	5:30-6:00pm - Enrich	8:30-9:15am - FreeSkate
Month	\$ 40.00	\$ 40.00	\$ 40.00
Season	\$ 280.00	\$ 280.00	\$ 280.00

Package - 3 Days with Off-Ice plus either Tues/Wed/Sat	
Monthly	\$215
Season	\$1,505



# Beaumont Skating Club StarSkate Program

## August 26, 2024 - March 29, 2025

### SCHEDULE A

Monday (Aug 26)	Tuesday (Aug 27)	Wednesday (Aug 28)	Thursday (Aug 29)
4-5pm FreeSkate	4:00-4:30pm - Enrich	4-5pm FreeSkate	4:00-4:30pm - Enrich
5:00-5:30pm Enrichment	4:30-5:30:15pm FreeSkate	5:00-5:30pm Enrichment	4:30-5:30:15pm FreeSkate
5:45pm-6:45pm Conditioning	5:45pm-6:15pm Stretch	5:45pm-6:45pm Shapes	5:45pm-6:15pm Off Ice
Cost: \$90			

First week of skating is mandatory skating. It needs to be the first thing you register for.

	Monday	Tuesday	Wednesday
	Sep 9-Mar 24	Sep 3 - Mar 25	Sep 4 - Mar 26
	3:30-4:30pm - FreeSkate	2:45-3:45pm - FreeSkate	3:30-4:30pm - FreeSkate
Month	\$ 20.00	\$ 20.00	\$ 20.00
Season	\$ 140.00	\$ 140.00	\$ 140.00

	4:45-5:30pm - FreeSkate	4:00-4:30pm - Enrich	4:45-5:30pm - FreeSkate
	5:30-5:45pm - Enrich	4:30-5:15pm - FreeSkate	5:30-6:00pm - Enrich
	6:00-6:30pm - Shapes		
Month	\$ 50.00	\$ 40.00	\$ 40.00
Season	\$ 350.00	\$ 280.00	\$ 280.00

	Thursday	Friday	Saturday
	Sep 5-Mar 27	Sep 6-Mar 28	Sep 7- Mar 29
	3:00-4:00pm - FreeSkate	3:45-4:45pm - FreeSkate	
Month	\$ 20.00	\$ 20.00	
Season	\$ 140.00	\$ 140.00	

	4:15-5:00pm - FreeSkate	5:00-5:45pm - FreeSkate	8:00-8:30am - Skills/Dance
	5:00-5:15pm - Enrich	5:45-6:00pm - Enrich	8:30-9:15am - FreeSkate
	5:30-6:15pm - Ballet	6:15-7:15pm - Conditioning	
Month	\$ 65.00	\$ 60.00	\$ 40.00
Season	\$ 455.00	\$ 420.00	\$ 280.00

Full Package of 11 Sessions	
Monthly	\$350
Season	\$2450
When you have 6 or more session, you will get 5% off	