



### STAR PREP

July 13 - July 24 Millwoods "B"				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:45-5:45 - On-Ice Group	4:45-5:45 - On-Ice Group	4:45-5:45 - On-Ice Group	4:45-5:45 - On-Ice Group	4:45-5:45 - On-Ice Group
OFF - ICE	OFF - ICE	OFF - ICE	OFF - ICE	OFF - ICE
6:00-6:30 - Off-Ice Group	6:00-6:30 - Off-Ice Group	6:00-6:30 - Off-Ice Group	6:00-6:30 - Off-Ice Group	6:00-6:30 - Off-Ice Group

Week 1 (July 13 - 17)		Week 2 (July 20 - 24)	
Price: \$110.00		Price: \$110.00	
Group On-Ice Session	5	Group On-Ice Session	5
Group Off-Ice Session	5	Group Off-Ice Session	5

**Skills, Tests, Achievement, Recognition – this is what STARSkate is all about!**

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 artistic skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue the competitive stream.

**Prerequisite: Completed or working on Stage 5 (Canskate)**

