



Gananoque Skating Club (GSC)
Lou Jeffries, Gananoque & T.L.T.I Recreation Centre
600 King St. E, Gananoque, ON K7G 1H3
gananoqueskater@gmail.com

2026-2027 GSC STARSkate Programming INFORMATION

September 8, 2026 - March 27, 2027.

WHAT IS STARSKATE?

- STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of Ice Dance, Skills, FreeSkate, Artistic, and Synchronized 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 Assessments through a nationally standardized assessing system. Skaters also have the opportunity to compete in various individual and team events within the Star 1-4 Event Series and Provincial Series.

STARSKATE LEVELS/REQUIREMENTS:

- STAR 5+: Must be passed Star 2 FreeSkate and working on Star 5 Skills/Dance or above
- STAR 3-4: Must be passed Star 1 FreeSkate and working on Star 3-4 Skills/Dance or above
- STAR 1-2: Working on Star 1-2 assessments in Dance, Skills, and FreeSkate

STAR 1-2 ON-ICE SCHEDULE (September 8, 2026 - March 27, 2027) - \$1,200.00

Day	Time	Structure
Tuesdays	5:10 - 6:00 pm [50 min]	5:10 - 5:20 pm - Stroking [10 min] 5:20 - 5:30 pm - Jumps [10 min] 5:30 - 5:40 pm - Spins [10 min] 5:40 - 5:50 pm - Dance [10 min] 5:50 - 6:00 pm - Skills [10 min]
Wednesdays	4:20 - 5:10 pm [50 min]	4:20 - 4:30 pm - Stroking [10 min] 4:30 - 4:40 pm - Jumps [10 min] 4:40 - 4:50 pm - Spins [10 min] 4:50 - 5:00 pm - Dance [10 min] 5:00 - 5:10 pm - Skills [10 min]
Fridays	5:00 - 5:50 pm [50 min]	5:10 - 5:20 pm - Stroking [10 min] 5:20 - 5:30 pm - Jumps [10 min] 5:30 - 5:50 pm - Spins [10 min] 5:40 - 5:50 pm - Dance [10 min] 5:50 - 6:00 pm - Skills [10 min]



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STAR 3-4 ON-ICE SCHEDULE (September 8, 2026 - March 27, 2027) - \$1,600.00

Day	Time	Structure
Tuesdays	4:50 - 5:50 pm [60 min]	4:50 - 5:00 pm - Stroking [10 min] 5:00 - 5:10 pm - Jumps [10 min] 5:10 - 5:20 pm - Spins [10 min] 5:20 - 5:35 pm - Programs [15 min] 5:35 - 5:50 pm - Dance/Skills [15 min]
Wednesdays	4:00 - 5:00 pm [60 min]	4:50 - 5:00 pm - Stroking [10 min] 5:00 - 5:10 pm - Jumps [10 min] 5:10 - 5:20 pm - Spins [10 min] 5:20 - 5:35 pm - Programs [15 min] 5:35 - 5:50 pm - Dance/Skills [15 min]
Fridays	4:20 - 5:20 pm [60 min]	4:20 - 4:30 pm - Stroking [10 min] 4:30 - 4:40 pm - Jumps [10 min] 4:40 - 4:55 pm - Programs [15 min] 4:55 - 5:10 pm - Dance/Skills [15 min] 5:10 - 5:20 pm - Spins [10 min]

STAR 5+ ON-ICE SCHEDULE (September 8, 2026 - March 27, 2027) - \$1,600.00

Day	Time	Structure
Tuesdays	4:00 - 5:20 pm [80 min]	4:00 - 4:10 pm - Stroking [10 min] 4:10 - 4:25 pm - Jumps [15 min] 4:25 - 4:50 pm - Programs [25 min] 4:50 - 5:10 pm - Dance/Skills [20 min] 5:10 - 5:20 pm - Spins [10 min]
Wednesdays	4:00 - 5:10 pm [70 min]	4:00 - 4:10 pm - Stroking [10 min] 4:10 - 4:25 pm - Jumps [15 min] 4:25 - 4:35 pm - Spins [10 min] 4:35 - 4:55 pm - Programs [20 min] 4:55 - 5:10 pm - Dance/Skills [15 min]
Fridays	4:00 - 5:20 pm [80 min]	4:00 - 4:10 pm - Stroking [10 min] 4:10 - 4:25 pm - Jumps [15 min] 4:25 - 4:50 pm - Programs [25 min] 4:50 - 5:10 pm - Dance/Skills [20 min] 5:10 - 5:20 pm - Spins [10 min]



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STAR 1-5 EXCELLENCE PROGRAM DELIVERY STANDARDS

Coach Directed Time	• STAR 1-2: 75-100% • STAR 3-4: 50-75% • STAR 5: 25-50% • Must provide 25% class time to all skaters
Movement	90% movement during all session time.
Session Format	• All sessions have a set plan for warm up and cool down whether it be in class form or a private plan for the skater. • Skaters are provided instruction in all disciplines: Freeskate, Dance, Skills, Artistic and Synchronized Skating.
Off-Ice Classes	Offer off-ice classes to increase physical literacy, awareness, and coordination.

ON-ICE FEES

- Includes group coaching with National Coaching Certification Program (NCCP) coaches.
 - Trina Dykstra-MacPherson
 - Alex Wright
 - Christian Nainer
 - Lisa Janssen
 - Zach Freedman
 - Amanda Mathieu
 - Carrie McNeely
- Private lessons will be an additional fee.
- Dance partnering lessons will be an additional fee with either Christian Nainer or George Waddell.
- Competitions and high assessment days will encompass additional fees.
- STAR 1-5 assessment fee is \$15.00 and assessments will occur on regular ice time included in group lesson costs.
- STAR 6-GOLD assessment fee is \$15.00 and assessments will occur on regular ice time but will be invoiced privately.

WHAT IS OFF-ICE?

- Off-ice training combines a variety of sport-specific exercise and strengthening techniques designed to compliment on-ice training for skaters of all levels. It is great for targeting all key aspects of figure skating fitness, including flexibility, stability, mobility, strength and conditioning, jump and spin technique, and creative movement. It is also essential for all athletes in building their FUNdamentals and physical literacy.



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OFF-ICE SCHEDULE (September 8, 2026 - March 12, 2027)

Level	Day/Time	Coach	Type
Star 5+	Tuesdays 5:30 - 6:00 pm	Alex	Week 1 - Jump/Spin Technique Week 2 - Flexibility Week 3 - Strength & Conditioning Week 4 - Mental Training
Star 3-4	Fridays 5:30 - 6:00 pm	Zach	
Star 1-2	Tuesdays 6:10 - 6:40 pm	Lisa	

NOTE: Off-ice classes may be changed or cancelled depending on coach availability (e.g., during competition season). **ALL** sessions will occur in the **Islander's Change Room**. Please ensure skaters have their hair tied back, running shoes on, and bring a yoga mat. Skaters may bring their spinners and jump ropes if they have them.

ADULT SKATING - \$950.00 for 3 hours of ice

Adult Skating offers opportunities for adults of all ages and abilities to participate in CanSkate, STARSkate, CanPowerSkate, and Synchronized Skating. Whether you're learning to skate, returning to the ice, or advancing your skills, our programs provide a fun, supportive, and social environment, with opportunities to participate in assessments and competitions.

GUEST SKATING - \$900.00 for one day a week including lessons

We welcome skaters from other clubs to join us on the ice, one evening a week, for additional ice time. STAR 1-5 guest skaters are included in group lesson times according to their level.

DROP-IN SKATING

STAR 1-5 STARSkater Drop-In Rate: \$50.00 per session (Includes group lesson times according to level)

Adult STARSkater Drop-In Rate: \$40.00 per session (No lesson time included)

REGISTRATION

- Registration will be done online at <https://gananoqueskatingclub.uplifterinc.com/>.

CONTACT INFORMATION

If you have any questions, comments, or concerns please reach out to:

- President - Patricia McFarland (gananoqueskate@gmail.com)
- Treasurer - Carrie McNeely (GanSkateFinance@gmail.com)
- Program Director - Trina Dykstra-MacPherson (tdyks0433@gmail.com)