Revised: August 18, 2026

Welcome to Figure Skating Academy!

The Program & Format

The Figure Skating Academy program is an exciting chapter of skating! Skaters continue working in groups, although class sizes are generally smaller than on CanSkate. Our Academy athletes will progress through the remainder of CanSkate in a more advanced learning environment.

Our Academy program is dedicated to advancing specialized skills in figure skating. While we maintain a strong emphasis on mastering skating fundamentals, we also lay the essential groundwork for the technical positioning needed to excel in spins, jumps, turns, and edge mastery. The program features on and off-ice components. Off-ice training is critical for progress at this level. During this foundational time, your athlete will work on balance and flexibility; challenging their bodies to move in awesome yet difficult ways - often to music. Skaters will also build an understanding in the application of critical-thinking and correction-making which are incredibly valuable skills for both skating and life! Multi-day discounts and payment plans are available at our club.

Communication

The preferred method of communication is via email. If you wish to communicate in person or by phone; please schedule an appointment via email. It is important that you log into Uplifter, select “My Account” from the drop down menu from your name in the top right corner, and find the “Communication Preferences” Symbol and ensure all options are switched to “Yes” to not miss out on important information

Figure Skating Academy Classes

CanSkate+	Junior Academy	STAR Academy	Adult + Teen Academy
Skaters are occasionally invited to Academy prior to being fully ready to integrate into the Academy programming. CanSkate+ skaters participate in one day of CanSkate a week, and one (or more) days in Academy. Skaters will enhance foundational skills skills in a familiar, fun environment while still challenging themselves with higher level peers and lesson content.	Junior Academy provides both content and delivery methods tailored to skaters aged 4-7. Skaters will be offered performance opportunities and may be offered competition opportunities through out the season. Off Ice Classes: 20 minutes On Ice Classes: 45 minutes	STAR Academy provides a more comprehensive experience for skaters 8+ ready to advance in their figure skating journey. Skaters will be offered performance opportunities and may be offered competition opportunities through out the season. Off Ice Classes: 25 minutes On Ice Classes: 60 minutes	Adult + Teen Academy provides skaters with the opportunity to further their skating development. Advancing into Academy offers adult and teen participants the opportunity to explore jumps, spins, turns and deeper edge work. Skaters will be offered performance and competition opportunities within a fun, friendly community. Off Ice Classes: 25 minutes On Ice Classes: 60 minutes
Weekly Training Recommendations			
1 CanSkate, 1 or more Academy	2 or more Academy days, additional private lessons available		

Save with a multi-day discount!
Multi-day discounts are available to all participants. Discount will be applied at checkout.

Absences

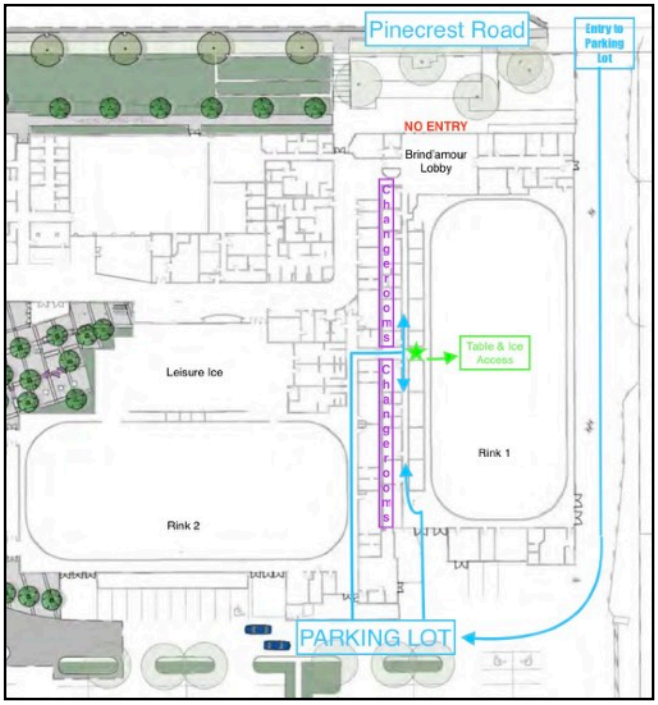
Notify the **Academy Coordinator, H,** if your skater will be absent from all or part of their training, with as much advance notice as possible. There is no need to communicate with the Registrar if you will be absent from a session.

Boys & Men in Figure Skating Academy

All of our programming here is open to all genders! Our club is lucky to have a fun group of male athletes in all levels. While many of the male skaters in our club choose to focus on figure skating, others participate in both hockey and figure skating as skills from one sport are often transferable and complementary to the other. Boys, in particular, excel when challenged with edge work, enhanced ice awareness, and the thrill of learning more advanced "cool tricks and moves." Check out “Jeff Skinner’s Journey from Markham to the NHL” on YouTube to discover how exceptional skating skills can elevate your athlete's performance!

Performance Opportunities

Although not a requirement, many skaters at this level enjoy taking part in regional competitions and club ice shows. Details will be presented via email prior to each opportunity. The Calendar of Events is updated as information becomes available. Please note that competitions come with additional expenses, including coaches’ fees and a share of travel expenses.



Where to Get Ready

Academy sessions will be held on **Rink 1** for the Fall 2026 season. If the dressing rooms are locked when you arrive, please notify one of the coaches or ask a member of Strathcona Gardens staff to unlock them.

It is a requirement this season that all skaters use the changerooms in Rink 1 for putting on and taking off skates.

Due to space limitations the lobby will be occupied by other skaters in an off ice class. The Brind’amour Lobby entrance should not be used. Ice access will be via the tunnel from the change rooms. Please see map.

Alternate Schedules

CRSC does not train on stat holidays, so please note there will be **no skating on the following dates:**

- **Wednesday September 30, 2026**
- **Monday October 12, 2026**
- **Wednesday November 11, 2026**
- **Monday November 16, 2026**

Please check our website for the most up to date schedules.

On-Ice, Off-Ice, and Dress Code Requirements

A stricter dress-code is enforced in Figure Skating Academy. It is expected for both on and off-ice classes.

- Warm, form-fitting clothing (not baggy)
- Anything with a hood is not permitted
- Long hair needs to be neatly tied back off the face
  Buns are wonderful!
- Short hair should be neatly combed with bangs kept out of the eyes
- Bring water to all sessions

Review the Club Code of Conduct online for more info!

Specific Off-Ice Requirements

- Clothing and hair expectations are the same as for on-ice classes. Shorts are acceptable in hotter weather.
- Lace-up, athletic shoes (not sneakers or casual shoes!) must be worn. Skaters will be unable to participate without appropriate footwear.

Boston Pizza

Heading out for dinner? Remember to write "CRSC" on the back of your receipt and stick it in the box to help our club with fundraising efforts!

Tip: Rent a locker! Contact the Registrar for details: registrar@skatecampbellriver.ca

Skates & Specific On-Ice Requirements

Proper skate fit and support are essential for a skater's safety and success! It is strongly recommended that you purchase and sharpen skates from a reputable dealer. Skate blades should be sharpened approximately every 12-15 hours of use. One local option is through North Edge Ice Sports, which is owned by our Director, Rory Allen.
More information at: www.northedgeice.com
Rental skates are not permitted in Figure Skating Academy programs

- Skate guards must be worn when off the ice at all times!
- Blades must be dried immediately following a session
- Blade covers must be on skates when they are transported to/from the arena. Do not store skates with guards on.
- Upon completion of Stage 5 of CanSkate, your skater may be able to wear an Ice Halo instead of a helmet. The coaching team will contact you and your skater when they are eligible.

Private Lessons and Other Lesson Information

Private lessons are highly encouraged at this level, so if your skater seeks a more personalized experience or wishes to supplement their group lessons for additional individually focused direction they are available upon request.

Private off-ice lessons are also available and highly encouraged! We offer private, semi-private, and small group sessions designed to refine technical skills and enhance physical literacy with a personalized approach. Private off ice classes also allow for use of our off ice harness, which provides valuable vestibular training at all skating levels.

An exception occurs during "bonus ice sessions," such as those over the Christmas Holidays, Spring Break, or June Extension Ice. During these sessions, ice costs are paid to the skating club, while coaches bill students directly for their lesson time. Every effort is made to keep expenses minimal, as skaters typically participate in semi-private or small group lessons.

To begin on-ice or off-ice private lessons, please contact the Academy Coordinator.

Theme Days & Special Events

Throughout the year, we have fun theme weeks and special events. During theme weeks, skaters are encouraged to dress up to match that week's theme! (Any costumes or clothing must be safe to wear on ice.) Please ensure any costume worn is appropriate, the skater's face is not covered, and no toy weapons or inflatable costumes are allowed on the ice.

September 29 & October 1 Bring a Friend

Bring a friend to skating! Each registered skater may bring one friend each day they skate. Buddies are welcome to join for the day at no charge, but do need skates and a CSA approved helmet to participate! Stay tuned for more details!

October 27-29 Halloween

Show off your halloween costume, wear halloween-themed clothing, or show up with some spooky face paint! Scary, silly, fancy, and everything in between! Expect fun props, circuits and more! *Please make sure outfits and accessories are safe for skating.*

December 15 & 17 Christmas

Show your holiday spirit by dressing the part! Please make sure outfits and accessories are safe for skating.

HAVE QUESTIONS?

h@skatecampbellriver.ca

MORE ACADEMY INFO:

www.skatecampbellriver.ca/figure-skating

CONNECT WITH US!