

Welcome to Figure Skating Academy!



Skate Canada

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 and events.

Training Schedule

Skaters are required to participate at least twice weekly for optimal development. Scheduling back to back training days should be avoided. If this isn't possible please contact the Academy Coordinator

Absences

Notify the Academy Coordinator 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.

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.

Figure Skating Academy Classes

CanSkate+	Junior Academy	STAR/Adult + Teen Academy
Sometimes skaters are not quite ready to be fully integrated into the Figure Skating Academy program. CanSkate+ skaters participate in one (or more) days per week of Figure Skating Academy and one day per week of CanSkate. With this approach, your skater will enhance foundational skills in a familiar environment, while still challenging themselves with higher level peers and lesson content. Should your skater be ready for a CanSkate+, you will be informed by a member of the coaching team or the Director of Programs.	Junior Academy provides both content and delivery methods that are tailored to skaters aged 4-7. Off-Ice Class: 20 minutes On-Ice Class: 45 minutes	STAR and Adult + Teen Academy provides more comprehensive program delivery and instruction suitable for skaters aged 8 and up, and adults and teens 13+. Off-Ice Class: 25 minutes On-Ice Class: 60 minutes <i>Note that age classifications are guidelines only and that exceptions may be made on a case by case basis, through approval of the Director of Programs.</i>

Weekly Training Recommendations

1 CanSkate, 1 or more Academy

2 or more Junior Academy

2 or more STAR Academy

Save with a multi-day discount!

Multi-day discounts are available to CanSkate and up participants. Discount will be applied at checkout.

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!

Where to Get Ready

Academy sessions will be held on Rink 1 for the Winter 2026 season. Please use the dressing rooms down the hallway behind Rink 1 to get ready. 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 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.

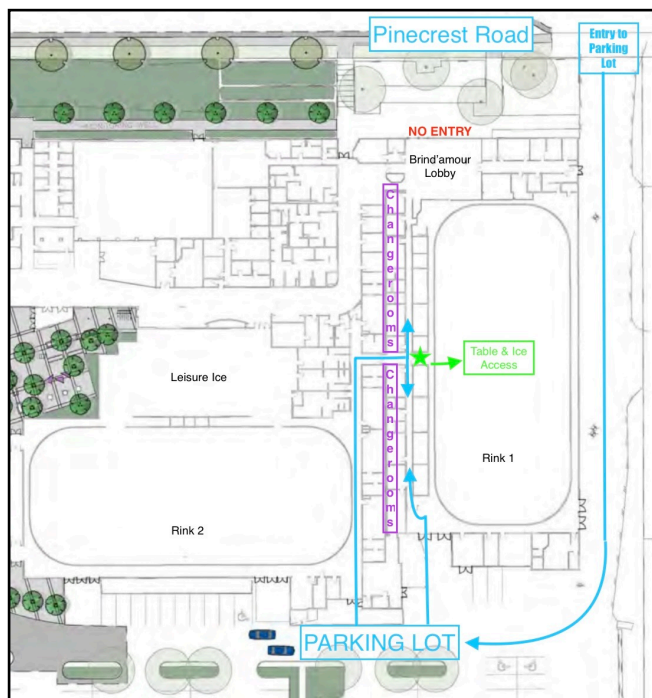
Alternate Schedules

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

- Monday February 16, 2026
- Tuesday February 17, 2026

The winter session ends March 20, 2026. Academy skaters are eligible to skate on Spring Break Ice, more information will be available closer to the date.

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
- Lace-up, athletic shoes (not sneakers or casual shoes!) must be worn

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: info@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.thenorthedge.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 optional at this level, but 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.

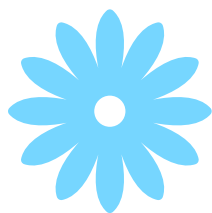
Private off-ice lessons are also available and highly encouraged! We offer private, semi-private, and small group sessions designed to refine technical skills and enhance physical literacy with a personalized approach. Private off ice classes also allow for use of our off ice harness, which provides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

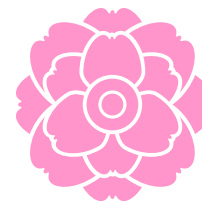
Theme Days & Special Events

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.



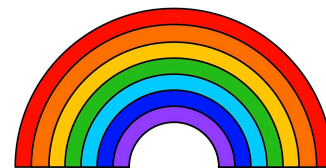
April 21 & 23 Spring Flowers

Skaters can look forward to flower and spring themed circuits, special stickers, and other fun surprises! All skaters are invited to wear their most flowery or pastel attire!



May 5-7 Sunshine and Rainbows

Summer is almost here! Skaters can look forward to brightly coloured, sun, and rainbow themed circuits, a special challenge zone, props and more! Make sure to wear all the colours you can!



HAVE QUESTIONS?

h@skatecampbellriver.ca

MORE ACADEMY INFO:

www.skatecampbellriver.ca/figure-skating

CONNECT WITH US!

