

Halifax Skating Club - Spring 2025 Information

Special Events—See the event flyer for full details on upcoming Spring 2025 special events.

Registration

- All Academy registrations are online at the Halifax Skating Club Website.
- \$61.65 Skate Canada fee applies to all HSC Home Club skaters for the 2024-2025 season.
- Skating level details are available on the club website. Sessions may be adjusted to balance group sizes.
- HSC and BSC skaters have priority registration until **March 24th**.
- Refer to the club website for full club policies, including the refund policy.

Skate-Up & Skate-Down Requests

- **Skate-Up Requests:** Must come from the base coach.
- **Skate-Down Requests:** Skaters may move down one level if space is available after regular level skaters have registered

On-Ice & Off-Ice Training

- Programs include both on-ice and off-ice classes to support overall athletic development. Participation in both is encouraged for the best experience.
- Off-ice fees are included in registration.
- Additional specialty seminars may be offered at an extra cost.
- Off-ice training areas and dressing rooms are for skaters **only**. Parents are **not** allowed in dressing rooms.

Payment Options

- Pay in full at registration OR choose a deposit with monthly payments (April 1, May 1, June 1).
- Payments must be arranged online.
- \$25 admin fee applies for more than one change per season.

Parent & Skater Code of Conduct

- Parents and skaters must follow the Skate Canada & Club Codes of Conduct.
- Skaters Contract / Code of Conduct will be signed during registration process
- Failure to adhere to the Code of Conduct may result in disciplinary action.

Assessment Day

- **Star 6+ Assessments** tentatively scheduled for Thursday, **June 12, 2025, at the Greenfoot Centre** (pending approval).

Drop-In Skaters

- Drop-in spots are available if space permits.
- Fee must be paid by **12:00 PM the day prior** via the HSC website.
- Skaters must confirm availability with their coach before purchasing a drop-in session.

Volunteer Opportunities

We are looking for volunteers to assist with special events and club activities! To join our volunteer team, contact **Beth Brinston** at vicepresident@halifaxskatingclub.com



Spring 2025
StarSkate Academy
BRONZE SILVER GOLD



April 1 to June 12, 2024
Centennial Arena & Greenfoot Energy Centre

Special Events Spring 2025

Halifax Skating Club is please to offer a number of special events for Spring 2025. Please read carefully.

BUILDING STRONGER SKATERS: LTD & SPORT SAFETY WORKSHOP SPECIAL GUEST—JOSÉE BOURDON

Tuesday May 13 and Wednesday May 14th - Times TBA (during evening sessions)

Parents/ Coaches and Board members—join us for an engaging and eye-opening workshop designed to help you support your skater's journey in the best way possible! The Halifax Skating Club, in partnership with Skate Canada and Josée Bourdon, is hosting a Long-Term Development (LTD) & Sport Safety Workshop to provide essential insights into creating a safe, inclusive, and effective training environment for young athletes.

Why Attend?

- Gain a better understanding of how skaters develop and progress
- Learn how to foster a safe and supportive environment
- Understand best practices for reporting and addressing concerns
- Discover ways to keep skaters engaged and thriving for the long term

This is more than just an information session—it's a chance to be part of the movement toward positive, safe, and sustainable skating experiences for every athlete.



STARS ON ICE – Join Us! - Skaters, let's watch Stars on Ice together as they kick off their tour in Halifax!

Date: Friday, April 25, 2025 Time: 7:00 PM Location: Scotiabank Centre

Get your tickets on the HSC Club Website **by March 19th!** (Find them under "Products")

Bonus perks may be available based on ticket sales—stay tuned!



Awards Banquet

Saturday May 31, 2025
Atlantica Hotel *Details TBA*

With Special Guest—Keegan Messing

Champions Circle Weekend— Where Legends Shine & Futures Begin 2025 HSC Banquet Weekend Celebration Friday, May 30 – Sunday, June 1

*Skate with world-class guest coaches, celebrate your journey,
and have a blast learning new skills!*

Event Highlights:

Friday, May 30: 4:00 PM – 8:30 Seminar - Centennial

Saturday, May 31: 10:00 AM – 3:00 Seminar—Centennial

Saturday May 31: HSC Banquet—Special Guest—Keegan Messing Atlantica Hotel

Sunday, June 1: Private lessons with Keegan + Skate with an Olympian—Greenfoot

Meet Our Guest Coaches:

Keegan Messing—A two-time Olympian and national champion, Keegan Messing is known for his high-energy performances and fearless skating. With multiple Grand Prix medals and international accolades, Keegan is a crowd favorite and an inspiring mentor to aspiring skaters.

Nam Nguyen—A decorated Canadian skater, Nam Nguyen has won national titles at every level and became the 2014 World Junior Champion. With experience competing at the highest international levels, Nam now focuses on coaching and inspiring the next generation of skaters.



Gracie Gold—An Olympic Bronze Medalist and two-time U.S. Champion, Gracie Gold has captivated audiences world-wide with her elegance and technical prowess. Overcoming challenges, she remains a symbol of resilience and excellence in figure skating.



Don't miss this exciting opportunity! Stay tuned for registration details!



Spring Into Strength

High-Performance Gym Training Returns!

Back by popular demand, our High-Performance Gym Training is back for Spring 2025! Designed for Academy SILVER and GOLD skaters, this small-group, high-intensity program will take your training to the next level.

- Elite Strength & Conditioning – Boost power, endurance & agility
 - Train With Fellow Skaters – Stay motivated & level up together
 - Expert Coaching – Led by Strength & Conditioning specialist Ian Rowan-Legg
- Stay tuned—details & registration coming soon! Spots are limited.

We are thrilled to announce that HSC will be co-hosting a **Spring Ice Show Event** with the Bedford Skating Club on **April 12th from 1:00 to 3:00 PM** (time subject to change). This exciting event will bring skaters together for a spectacular performance, showcasing their hard work and passion for the sport. All skaters who wish to participate must register and pay a participation fee to cover coaching and costume costs. However,

there will be an opportunity to **waive the participation fee by securing sponsorships**—more details on this will be shared soon.

To ensure a polished and dynamic performance, **mandatory practice sessions** will take place between **April 3rd and April 11th**, with a **final morning rehearsal on April 12th** before the show. A full schedule, along with additional details, will be released shortly. We can't wait to see our skaters take the ice and bring this incredible event to life!



PATHWAYS

CANSKATE

Skate Canada National Learn To Skate Program

* PreCan * Canskate * Teen * Junior Academy
age 3-6 age 5-10 age 10+ 10 and under

When completed Canskate skater is automatically invited to the Starskate Pathway. coaches meet and discuss at the end of each season which

Skaters will be ready for Hockey, Ringette, Speed Skating programs with local organizations

Junior Academy (invite only)

Club Board Member
18+

with an interest in helping with Club Activities

Skate Canada Official
16+

- Judge
- Evaluator
- Technical Specialist
- Data Specialist

Skate Canada Professional Coach
15+

- passed Minimum of two Star 5 tests
- Canskate/ Regional/ Provincial/ National

Updated November 2023

Academy BRONZE Completes Skate Canada StarSkate Assessments, Competes at Local Star 1-3 Fun Skates, Interprovincially. Opportunity to attend Provincial Seminars
Academy SILVER Completes Skate Canada StarSkate Assessments, Competes Local, Provincial, (and if they wish) Interprovincially. Opportunity to attend Provincial Seminars
Academy GOLD Completes Skate Canada StarSkate Assessments, Competes Local, Provincial, (and if they wish) Interprovincially. Opportunity to attend Provincial Seminars
Podium Pathway - Competes Local, Provincial, National and International, Opportunity to be selected for National Seminars

HALIFAX SKATING CLUB

Starskate Academy : Fall/ Writer, Spring Summer
 Jr Academy: Fall, Writer, Spring, Summer
 Canskate/PreCan/Teen: Fall, Writer, Spring

SEASONS OFFERED:

Starskate

PATHWAY

Academy BRONZE

- Star 1 group
- Star 1-3 and/or no Axel

Academy SILVER

- Star 4.5/Pre-Juv and/or no Axel
- and/ or low double jumps

Academy GOLD

- working on all doubles and Triple Jumps

Academy SYNCHRO

- Star 1+
- team/5 divided by age and skating levels

PODIUM PATHWAY

- Pre-Novice, Novice, Junior, Senior
- Working on triples
- Follows Skate Canada Podium Pathways Criteria

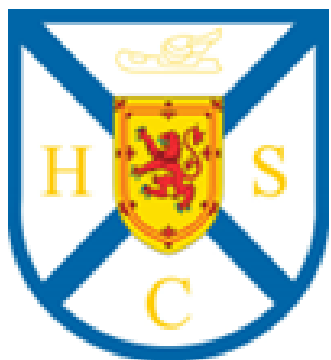
Academy Programming Includes:

- On ice sessions
- Group Sessions On and Off-Ice
- Off ice Classes geared towards developing a well rounded athlete
- Club Seminars
- Awards and Bursaries
- Ice show and Banquet

Canskate PA (Program Assistant)

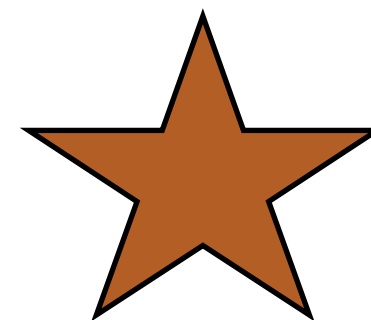
All skaters in the Academy BRONZE, SILVER, GOLD are invited to PA on our Canskate Sessions. These are volunteer hours.

PA Training is held each Fall



Spring 2025 Season

BRONZE StarSkate



Star 1 & 2

75—100 % Group or Coach directed

Off-Ice GROUP fees included. Remaining coaching fees paid to the coaching team

BRONZE	BRONZE/ SILVER	BRONZE/ SILVER	BRONZE
MONDAYS - Greenfoot - 7 weeks	THURSDAYS - Centennial - 8 weeks	FRIDAYS - Centennial ** - 8 weeks	SUNDAYS—Centennial - 9 weeks
April 14—June 9	April 17—June 5	April 4 - June 6	April 6 - June 8
No Ice April 21, May 19		No Ice April 11 - Ice show practices	No ice April 20
		May 30 - Seminar - additional fee will be required	May 4 - 30min later
		June 6 at Greenfoot	June 1 - 1.5 hr later at Greenfoot
			June 8 - regular times at Greenfoot
3:30 - 3:45 Off Ice Warm Up - BRONZE	3:45 - 4:00 Off Ice Warm Up BRONZE/SILVER	5:00 - 5:30 BRONZE CONDITIONING / Warm	4:45 - 5:30 BRONZE Off Ice - Specialty Classes
4:00 - 4:15 COACH TECH - BRONZE	4:05 - 4:20 Skills BRONZE/SILVER	5:40 - 6:00 - COACH TECH BRONZE/ SILVER	5:40 - 5:55 COACH TECH - BRONZE
4:15 - 5:00 Free - BRONZE	4:20 - 5:00 Free BRONZE / SILVER	6:00 - 6:45 - Free BRONZE/ SILVER	5:55 - 6:40 Free BRONZE
5:00 - 5:15 Dance - BRONZE	5:00 - 5:15 Dance BRONZE/SILVER	6:45 - 6:55 Spins - BRONZE/ SILVER	6:40 - 6:55 Skills / Dance BRONZE
	5:15 - 5:25 COACH TECH - BRONZE/SILVER	7:00 - 7:15 BRONZE Off Ice - Stretch	
	5:30-6:00 BRONZE OFF ICE		



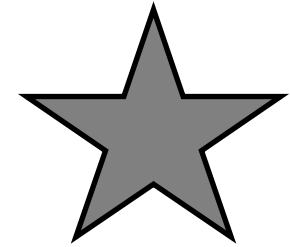
TEEN Star 1 /2 GROUP	TEEN Star 1 /2 GROUP
SUNDAYS Centennial - 9 weeks	TUESDAYS Greenfoot - 10 weeks
April 6 - June 8	April 1 - June 10
No ice April 20	No Ice April 8 - Ice show practices
May 4 - 30min later	
June 1 - 1.5 hr later at Greenfoot	
June 8 - regular times at Greenfoot	
4:45 - 5:30 BRONZE Off Ice - Specialty Classes	5:45- 6:15 OFF ICE
5:40 - 5:55 COACH TECH - BRONZE	6:50 - 7:10 COACH TECH
5:55 - 6:40 Free BRONZE	FLOOD
6:40 - 6:55 Skills / Dance BRONZE	7:20 - 8:00 Free



Spring 2025 Season

SILVER StarSkate

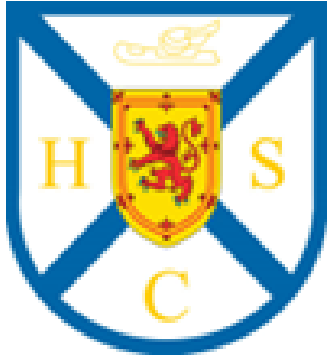
Star 3-4-5



50-75% Group or Coach Directed - Off-Ice GROUP fees included.
Remaining coaching fees paid to the coaching team

SILVER	SILVER	SILVER
MONDAYS - Greenfoot - 7 weeks	TUESDAYS Greenfoot - 10 weeks	WEDNESDAYS Centennial ** - 10 weeks
April 14—June 9	April 1 - June 10	April 2 - June 11
No Ice April 21, May 19	No Ice April 8 - Ice show practices	No Ice April 9 - Ice show practices
		June 11 - at Greenfoot
4:45 - 5:00 Off Ice Warm up - SILVER	5:45- 6:15 SILVER OFF ICE—Conditioning	5:30 - 6:30 OFF ICE - Dance - SILVER
5:00 - 5:50 Free - SILVER	6:50 - 7:10 COACH TECH - SILVER	6:40 - 7:00 COACH TECH - SILVER
FLOOD	FLOOD	7:00 - 7:45 Free - SILVER
6:00 - 6:15 - Skills - SILVER	7:20 - 8:00 Free - SILVER	7:45 - 7:55 Dance - SILVER
6:15 - 6:30 - Dance star 3-5	8:00 - 8:20 Skills / Dance SILVER	

BRONZE/ SILVER	BRONZE/ SILVER	SILVER
THURSDAYS - Centennial - 8 weeks	FRIDAYS - Centennial ** - 8 weeks	Sundays Centennial - 9 weeks
April 17—June 5	April 4 -June 6	April 6 - June 8
	No Ice April 11 - Ice show practices	No ice April 20
	May 30 - Seminar - May 30 - Seminar - additional fee will be re-	May 4 - 30min later
	June 6 at Greenfoot	June 1 - 1.5 hr later at Greenfoot
		June 8 - regular times at Greenfoot
3:45 - 4:00 Off Ice Warm Up BRONZE/SILVER	5:00 - 5:30 BRONZE /SILVER CONDITIONING / Warm Up	12:15 - 1:15 OFF ICE Specialty Classes
4:05 - 4:20 Skills BRONZE/SILVER	5:40 - 6:00 - COACH TECH BRONZE/ SILVER	1:20 - 1:40 COACH TECH SILVER/ GOLD
4:20 - 5:00 Free BRONZE / SILVER	6:00 - 6:45 - Free BRONZE/ SILVER	FLOOD
5:00 - 5:15 Dance BRONZE/SILVER	6:45 - 6:55 Spins - BRONZE/ SILVER	1:50 - 2:35 Free SILVER
5:15 - 5:25 COACH TECH - BRONZE/SILVER	7:00 - 7:15 BRONZE/ SILVER Off Ice - Stretch	2:35 - 2:50 Skills/ Dance SILVER
5:30-6:00 OFF ICE—Conditioning		



Spring 2025 Season GOLD StarSkate



Star 5+ & Competitive Pathways

Exit Stage of the Star 5 Program
25-50% Group or Coach directed

Off-Ice GROUP class fees included. Remaining coaching fees paid to the coaching team

GOLD	GOLD	GOLD	Axel + / GOLD	GOLD
MONDAYS - Greenfoot -	TUESDAYS Greenfoot	WEDNESDAYS Centennial **	FRIDAYS - Centennial **	SUNDAYS Centennial **
April 14—June 9	April 1 - June 10	April 2 - June 11	April 4 -June 6	April 6 - June 8
No Ice April 21, May 19	No Ice April 8 - Ice show practices	No Ice April 9 - Ice show practices	No Ice April 11 - Ice show practices	No ice April 20
		June 11 - at Greenfoot	May 30 - Seminar - additional fee required	May 4 - 30min later
			June 6 at Greenfoot	June 1 - 1.5 hr later at Greenfoot
				June 8 - regular times at Greenfoot
7 weeks	10 weeks	10 weeks	8 weeks	9 weeks
5:45 - 6:15 Off Ice Warm Up - GOLD	3:30 - 3:45 Off Ice Warm Up - GOLD	4:30 - 5:00 Off Ice Warm up - GOLD	3:30 - 4:00 Off Ice Warm Up Axel + / GOLD	11:30 - 12:00 Off Ice Warm up -
6:30 - 6:45 - Dance Star 5+	4:00 - 4:15 COACH TECH - GOLD	5:05 - 5:20 COACH TECH - GOLD	4:05 - 4:20 COACH TECH - GOLD	12:05 - 12:20 Skills / StSq GOLD
FLOOD	4:15 - 5:00 Free - GOLD	5:20 - 6:00 Free GOLD	4:20 - 5:10 Free Axel+/GOLD	12:20 - 1:10 Free GOLD
7:00 - 8:00 Free - GOLD	5:00 - 5:15 Spin - GOLD	6:00 - 6:15 Spin or Skills GOLD	5:10 - 5:20 Dance Axel+/GOLD	1:10 - 1:20 Dance GOLD
8:00 - 8:20 COACH TECH - GOLD	5:15 - 5:30 Dance - GOLD	6:15 - 6:30 Dance GOLD	5:20 - 5:30 Skills / Turns Axel+/GOLD	1:20 - 1:40 COACH TECH SILVER/ GOLD
	5:30 - 5:40 Skills - GOLD	6:40 - 7:40 OFF ICE - Dance	5:45 - 6:30 OFF ICE Conditioning	1:45 - 2:45 OFF ICE - Specialty Classes
	6:15 - 7:15 OFF ICE Conditioning		6:30 - 6:45 OFF ICE Stretch	