



StarSkate ACADEMY



Fall / Winter 2025-2026

*BRONZE / SILVER / GOLD STARSKATE and
COMPETITIVE FIGURE SKATING PROGRAM*

Sept 4, 2025—March 31, 2026

Centennial Arena & Greenfoot Energy Center

Come Skate With Us—Where Every Skater Belongs

Registration:

HSC Home Club

Monday Aug 11- 7pm

BSC Home club

Tuesday Aug 12—9am

All others Aug 28, 2025

IMPORTANT NOTES

- ⇒ REGISTRATION—all StarSkate Academy registration will be online through the Halifax Skating Club website. \$61.65 Skate Canada fee will be applied to all HSC Home Club skaters 2025-2026 season.
- ⇒ \$25 Fundraising fee (SPORTSWEEP TICKETS) per HSC home club family - will be invoiced in Mid October.
SportSweep tickets will be handed out later in the season. SportSweep is HSC's fundraiser in conjunction with Sport Nova Scotia. The cost of tickets is collected with each HSC home club member registration. Any money you earn from selling the tickets stays with you. Funds raised for the club are used towards club activities (i.e. ice show), club equipment, keeping program costs down, and/or other activities as the HSC Board of Directors deems a reasonable use of the funds.
Extra tickets can be sold to further offset skaters costs.
- ⇒ Additional Fundraiser for StarSkate Families - SportNS monthly online 50/50 draw. SPORTSPLIT—Each skater is invited to create an account under the HSC banner. Funds raised will go directly to your skater's account. For details, visit: [Sport Split Fundraiser](#)
HSC Criteria: HSC home club skater at Bronze, Silver, or Gold levels, Consent to having the skater's name on the Sport Split website dropdown menu, Email halifaxskatingclub@gmail.com by the 20th of the month to have your skaters name added to the next month's draws. Once name has been added, you no longer need to check in. Share your skater's link with family and friends to join the draw. Sport NS will send HSC the total amount raised per skater - which will be credited to your account in the form of a gift certificate for use on the HSC Uplifter site. Gift certificates cannot be cashed out but never expire, they cannot be used to pay lesson fees to club staff.
- ⇒ HSC and BSC home club skaters have priority on all sessions until Sept 1, 2025.
We reserve the right to balance sessions when needed.
- ⇒ SKATE-UP Requests—Must come from the Base coach.
SKATE DOWN - Skaters may skate down one level pending available space after skaters of that level have registered.
- ⇒ ON –ICE / OFF-ICE—Our programs include both on and off ice classes . These classes help the skater succeed in becoming an all round athlete. Please ensure your skater participates in the full experience. Fees for off ice are included in the registration fee.
- ⇒ OFF-ICE SPACE & DRESSING ROOMS—Off-Ice training spaces and dressing rooms are for skaters only. Parents are not allowed in dressing rooms.
- ⇒ PAYMENT—Pay in full during registration OR—Deposit per session and Monthly payments payments—Oct 1, Nov 1, Dec 1, Jan 1, Feb 1. Payment must be arranged online. **\$25 Admin Fee charged for the second or more changes per season.**
- ⇒ PARENT & SKATER 's Contract—Parents & Skaters are expected to adhere to the Skate Canada & Club Codes of Conduct. The codes are posted to the club websites and must be signed off at the start of the season. Skaters and/or parents who do not adhere to the Codes of Conduct may face disciplinary action from the club and/or section.
- ⇒ ASSESSMENT DAY — Star 6+ Assessments Days are tentatively scheduled for Friday Dec 19th (HSC) and Wed March 25 (BSC) **pending approval*
- ⇒ Please refer to the club website (Halifaxskatingclub.com) for other club policies including the refund policy.
- ⇒ DROP IN's : If there are available spaces on a session a skater may 'drop in' permitting they purchase the fee by 12:00pm the day prior on the HSC site. Skaters must confirm with their coach prior to purchasing the space.

REFUND POLICY All programs are eligible for a full refund up to 7 days prior to the program's start date listed in the programs registration or in the event of a program cancellation because the program has not met its minimum number of participants.
All requests for refunds must be made in writing to the club at halifaxskatingclub@gmail.com and must be supported with proper medical documentation.

- Fees will be refunded on a prorated basis (less \$70 administrative fee) and only with a medical note.
 - The Skate Canada membership fee is non-refundable once applications have been processed.
 - Withdrawals from programs made less than 7 days prior to the program start date will be subject to a \$70 administration fee.
 - A \$35 fee will be charged on all NSF cheques and Halifax Skating Club reserves the right to request cash payment on future payments.
- Halifax Skating Club reserves the right to change and/or cancel sessions depending on registration, to accommodate special events or emergency situations.

There will be no make-up sessions for snow days and/or rink closures.

Halifax Skating Club

Training Expectations & FAQ for Parents

What is the SMART Routine?

At Halifax Skating Club, we're building strong, confident athletes—on and off the ice. A big part of that is helping skaters take ownership of their training through consistent daily habits.

We use the SMART Routine every day, which includes:

Smart Start Routine *(Before Every Session)*

This is the skater's personal prep time. It includes an off-ice activation warm-up (light cardio, mobility, and movement prep), followed by getting skates on and being fully ready before stepping on the ice. Skaters are expected to manage this independently or with their coach's guidance. Please plan to arrive when you can for your skater to complete their Smart Start Routine

Smart Recovery *(After Every Session)*

A short self-led cool-down stretch routine to help with recovery, flexibility, and injury prevention. Skaters are expected to complete their recovery routine before leaving the rink.

What does SMART mean?

S – Start with Intention –Don't just show up—have a purpose. Whether you're warming up or cooling down, come in focused and ready to go.

M – Mobilize Your Body—Movement matters. Skaters should activate key muscle groups before skating, and stretch them out after.

A – Awareness Matters—Check in with your body. Are you tired? Sore? Focused? Self-awareness helps prevent injury and builds confidence.

R – Routine Builds Results—Progress doesn't happen by accident. Showing up consistently, doing the warm-up, and taking recovery seriously all adds up.

T – Take Ownership—Skaters are expected to manage their own prep and recovery. It's part of becoming a confident, responsible athlete. These habits help skaters stay healthy, focused, and ready to perform their best

Frequently Asked Questions

What is Coach Tech?

Small-group time with your coaching team focused on skating-specific skills. Skater coaching fees are included with your coaching invoices

What is Skills?

Skills focuses on foundational skating technique—like glides, edges, turns, field moves, power, and overall control. Skaters build strong basics that support every other area of their skating.

What is Dance?

Pattern dances performed to music. Skaters learn timing, posture, and rhythm—sometimes solo, sometimes with a partner.

What is Free Skate?

This is the part of figure skating most people picture: jumps, spins, footwork, and choreography performed to music. It's where skaters express themselves while building advanced technical skills. Starting at the STAR 2 level, skaters learn and perform a solo program, which combines these elements into a routine designed for assessment or competition.

What is Stroking?

Stroking is a full-group class designed to improve a skater's power, speed, edge quality, and overall flow across the ice. It focuses on skating efficiency and strength—skills that support all areas of a skater's development, from jumps and spins to dance and skills testing. Stroking sessions are led by a professional coach and are included in your registration.

What is Off Ice ?

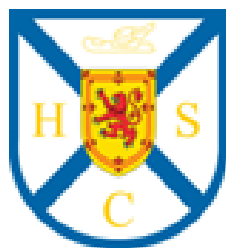
Off-ice is sport-specific dryland training that supports strength, flexibility, balance, and movement preparation. These sessions are designed to complement on-ice work and help skaters develop as well-rounded athletes. We may also run specialty classes throughout the season, tailored to skater needs. **Attendance is mandatory** unless approved in advance by the skater's base coach. Off-ice fees are included in your registration.

Why routines and attendance matter

Skaters who arrive prepared, participate consistently, and follow routines like Smart Start and Smart Recovery are more likely to progress faster, stay injury-free, and perform with confidence.

Independence & Dressing Room Policy

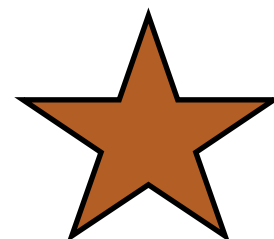
At the StarSkate Academy level, skaters are expected to be able to tie their own skates. For Safe Sport reasons, parents are not permitted in the dressing rooms. If a skater needs help, they are welcome to step out of the room and ask a parent or member of their coaching team for assistance. We encourage skaters to build independence as part of their development both on and off the ice.



2024-2025 Fall & Winter Season

BRONZE StarSkate

Star 1 & 2



75% Group or Coach directed

Off Ice and Stroking fees included with registration fee—

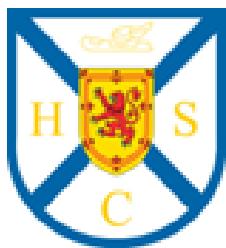
remainder of coaching fees arranged and paid to the skaters coaching team

TUESDAYS 3:45—6:05	Centennial	29 Weeks - \$530
3:45 - 4:05	BRONZE/SILVER	Smart Start Routine
4:05 - 4:20	BRONZE/SILVER	Dance
4:20 - 5:05	BRONZE/ SILVER	Free
5:05 - 5:20	BRONZE/ SILVER/ JR ACADEMY / Teen Star 1 Group	Coach tech
5:30 - 6:05	BRONZE/ SILVER	Off Ice—Specialty / Smart Recovery
THURSDAYS 3:45 –6:05	Centennial	** See Changes to schedule sheet 26 weeks—\$440
3:45 - 4:05	BRONZE/SILVER	Smart Start Routine
4:05 - 4:30	BRONZE/ SILVER	Skills
4:30 - 5:05	BRONZE/ SILVER	Free
5:05-5:20	BRONZE / SILVER	Dance
5:35 - 6:05	BRONZE/SILVER	Off Ice Conditioning / Smart Recovery
FRIDAYS 3:30-6:15	Greenfoot Energy Centre	** See Changes to schedule sheet 20 weeks - \$400
3:30-4:00	BRONZE	Smart Start Routine
4:00 - 4:15	BRONZE	Skills / Dance (Alternating)
4:15 - 5:00	BRONZE	Free
5:00 - 5:20	BRONZE	Coach tech
530 - 6:15	BRONZE	Off Ice Conditioning / Smart Recovery
SUNDAYS 3:30 –6:00	Centennial	** See Changes to schedule sheet 26 weeks—Bronze—\$605 / Teen \$645
3:30 - 4:15	BRONZE / Teen Star 1 Group	Off Ice Conditioning / Smart Start
4:25 - 4:45	BRONZE / Teen Star 1 Group	Stroking
4:45 - 5:30	BRONZE / Teen Star 1 Group	Free Skate
5:30 - 5:40	BRONZE / Teen Star 1 Group	Dance
5:40 - 5:55	BRONZE / Teen Star 1 Group	Coach tech
TUESDAYS 5:05 -6:30	Centennial	29 weeks Bronze \$530 / Teen \$415
5:05 - 5:20	Teen Star 1 Group / Jr A	Coach tech
5:20 - 5:55	Teen Star 1 Group / Jr A	Figure Skating Group lessons
6:05 - 6:30	Teen Star 1 Group / Jr A	Off Ice/ Smart Recovery

Additional sessions available with our sister club - Bedford Skating Club

Updated Sept 1, 2025

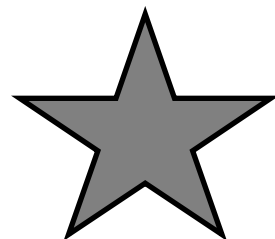
Please speak to your coaching team for more information



2024-2025 Fall & Winter Season

SILVER StarSkate

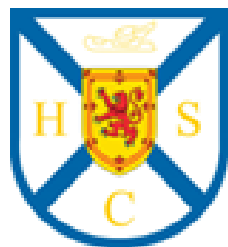
Star 3 & 4 & 5



50-75% Group or Coach directed

Off Ice and Stoking classes fees included with registration fee—
remainder of coaching fees arranged and paid to the skaters coaching team

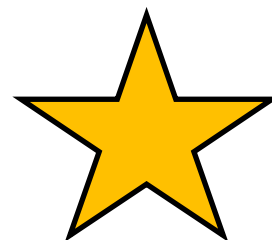
MONDAYS 3:45—7:15	Greenfoot Energy Centre	** See Changes to schedule sheet 26 weeks - \$825
3:45 - 4:15	Axel + / GOLD	Smart Start Routine
4:15—4:30	Axel + / GOLD	Skills/ Step
4:30 - 5:15	Axel + / GOLD	Free
5:15 - 5:30	Axel + / GOLD	Spin (in group)
5:30 - 5:45	Axel + / GOLD	Dance
5:45 - 6:05	Axel + / GOLD	Coach Tech- in group
6:15 -7:15	Axel + / GOLD	Off Ice Specialty / Conditioning / Smart Recovery
TUESDAYS am 6:30—8am	Greenfoot Energy Centre	Sept—Dec & Jan—March *Subject to Change 15 weeks - \$290
6:00-6:30am	SILVER / GOLD	Smart Start Routine
6:30-8am	SILVER / GOLD	OPEN Session
TUESDAYS pm 3:45—6:05	Centennial	29 Weeks - \$530
3:45 - 4:05	BRONZE/SILVER	Smart Start Routine
4:05 - 4:20	BRONZE/SILVER	Dance
4:20 - 5:05	BRONZE/ SILVER	Free
5:05 - 5:20	BRONZE/ SILVER/ JR ACADEMY / Teen Star 1 Group	Coach tech
5:30 - 6:05	BRONZE/ SILVER	Off Ice—Specialty / Smart Recovery
THURSDAYS 3:45 –6:00	Centennial	** See Changes to schedule sheet 26 weeks—\$440
3:45 - 4:05	BRONZE/SILVER	Smart Start Routine
4:05 - 4:30	BRONZE/ SILVER	Skills
4:30 - 5:05	BRONZE/ SILVER	Free
5:05-5:20	BRONZE / SILVER	Dance
5:35 - 6:05	BRONZE/SILVER	Off Ice Conditioning / Smart Recovery
FRIDAYS 6:15- 8:30	Greenfoot Energy Centre	** See Changes to schedule sheet 20 weeks - \$410
6:15—6:55	SILVER	Off Ice / Smart Start/ Specialty
7:10 - 8:00	SILVER	Free
8:00 - 8:15	SILVER	Skills/ Dance (alternate)
8:15 - 8:30	SILVER	Stoking *group
8:15 - 8:50	SYNCHRO	Synchro— \$225
SUNDAYS 11:15 - 1:35	Centennial	** See Changes to schedule sheet
11:15—11:45	SILVER/GOLD	Off Ice—Jump Activation Warm Up
12:05 - 1:05	SILVER / GOLD	Free
1:05 - 1:20	SILVER / GOLD	Skills / Dance (Alternate)
1:20 - 1:35	SILVER / GOLD	Coach Tech



2024-2025 Fall & Winter Season

GOLD StarSkate

Star 5 + and Competitive



25% Group or Coach directed

Off Ice and Group Training classes fees included with registration fee —
remainder of coaching fees arranged and paid to the skaters coaching team

MONDAYS 3:45—7:15	Greenfoot Energy Centre	** See Changes to schedule sheet 26 weeks - \$825
3:45 - 4:15	Axel + / GOLD	Smart Start Routine
4:15 4:30	Axel + / GOLD	Skills/ Step
4:30 - 5:15	Axel + / GOLD	Free
5:15 - 5:30	Axel + / GOLD	Spin (in group)
5:30 - 5:45	Axel + / GOLD	Dance
5:45 - 6:05	Axel + / GOLD	Coach Tech- in group
6:15 -7:15	Axel + / GOLD	Off Ice—Specialty / Conditioning / Smart Recovery
TUESDAYS am 6:30—8am	Greenfoot Energy Centre	Sept—Dec & Jan—March *Subject to Change 15 Weeks—\$290
6:00-6:30am	SILVER / GOLD	Smart Start Routine
6:30-8:00am	SILVER / GOLD	OPEN Session
TUESDAYS	Burke Performance Gym	Sept—Dec (15 weeks—\$300) & Jan-March TBD
4:30—5:30pm	SILVER / GOLD Gr 1 10-11 and Pre Competitive	Specialty Group Gym Training
5:30-6:30pm	SILVER/GOLD Gr 2 Age 12+/ Juv+	Specialty Group Gym Training
FRIDAYS 5:00—8:00	Greenfoot Energy Centre	** See Changes to schedule sheet 20 weeks—\$515
5:00—5:30	GOLD	Smart Start Routine
5:30 - 6:30	GOLD	Free
6:30-6:45	GOLD	Skills / Dance—Alternate
6:45-7:00	GOLD	Coach tech
7:15 –7:45	GOLD	Off Ice - Conditioning
7:45—8:00	GOLD	Off Ice - Rest and Recovery
SUNDAYS 11:15 - 1:35	Centennial	** See Changes to schedule sheet 26weeks \$545
11:15—11:45	SILVER/GOLD	Off Ice—Jump Activation Warm Up
12:05 - 1:05	SILVER / GOLD	Free
1:05 - 1:20	SILVER / GOLD	Skills / Dance (Alternate)
1:20 - 1:35	SILVER / GOLD	Coach Tech

Additional sessions are available through our sister club, Bedford Skating Club.

Ticket Ice options are also available.

Speak with your coaching team to learn what's best for your skater.



2025-2026

CHANGES TO SCHEDULE

StarSkate Academy Sessions

Sept—March *subject to change

DAY	LOCATION	CHANGES
MONDAY Ice changes	Greenfoot	Sept 1—No Ice Oct 13 – No Ice Dec 29—No Ice Feb 16—No Ice March 30—No Ice
TUESDAY AM Ice Changes	Greenfoot	Sept 9—Dec 16 inclusive Will assess possible sessions starting in January
TUESDAY PM Ice Changes	Centennial	Sept 2—No ice Dec 30—Not included in regular programming – Buy-In Sessions open to all levels.
TUESDAY High Performance Gym	Burke Performance Gym	FALL SESSION—Start Sept 9 - Dec 16 WINTER SESSION—Start Jan 6—end Mar 31 all dates inclusive
THURSDAY Ice Changes	Centennial	Sept 4— No Off Ice ONLY Dec 25—No Ice Jan 1—No Ice Mar 26—No ice
FRIDAY Ice Changes	Greenfoot	Sept 5—No Ice Oct 17—No Ice Oct 31—No Ice Nov 7—No Ice Dec 19—No sessions—Tentative Assessment Day Dec 26 – No Ice Jan 9—No Ice Feb 27 –No Ice March 6—No Ice Mar 27—No Ice
SUNDAY Ice Changes	Centennial	Dec 14—Event Day details TBA Dec 28—No Ice—ALUMNI DAY Special event Mar 1—No Ice Mar 29—No ice



DATES TO REMEMBER 2025-2026

StarSkate Academy

EVENT	LOCATION	DAY/TIMES	FEE	REGISTRATION DETAILS
PA Training	Centennial	Thursday Sept 4— 5:30-7:00	NA	Register by Wed Sept 3
1st day of CanSkate	Centennial	Sunday Sept 7th	NA	Trained PA's welcome
Fall Seminar & Guest— TENTATIVE	Greenfoot	Sept 19/ 20th	See Seminar Brochure	Registration Opens Sept 9
Skater Fitness testing	TBA	Sept/ Oct/ April/July	NA	Home club skaters/ skaters registered on sessions
September Simulation Day	TBA	Monday Sept 29 Daytime	\$20	Registration closes Sept 25th
NS Fall Skate	Dartmouth	Oct 25-26	As per Skate NS	Register with Skate NS
November Simulation Day	TBA	Tuesday Nov 11 Daytime	\$20	Registration closes Nov 5th
Rob McCall	SMB	Nov 21-23	As per Skate NS	Register with Skate NS
Star 1-3 event	Digby	Dec 6	As per Skate NS	Register with Skate NS
World Ice Skating Day Event	Centennial	Dec 14 *	Details TBA	Details TBA
Star 6+ Assessment Day ** <i>Tentative</i>	Greenfoot (HSC Host)	Friday Dec 19th	TBA	TBA
HSC Alumni Day	Centennial	Sunday Dec 28 12:00– 3:00	\$5.00 Donation to Feed NS	Registration Opens Dec 1
PA/ StarSkate Holiday Social event	TBA	Dec	TBA	TBA
NS Winter Skate	Liverpool	Jan 24-25	As per Skate NS	Register with Skate NS
Star 1-3 Event	Greenfoot	Jan 31	As per Skate NS	Register with Skate NS
Skate Canada Trophy	Dartmouth	Feb 2-8th	As per Skate Canada	As per Skate Canada
Star 1-3 Event	Newport (Riverview)	Feb 16	As per Skate NS	Register with Skate NS
NS StarSkate Provincials	Amherst	Feb 27—Mar 1	As per Skate NS	Register with Skate NS
Star 1-3 Event	Mariposa East (Pictou)	Mar 21	As per Skate NS	Register with Skate NS
Star 6+ Assessment Day ** <i>Tentative</i>	Lebrun (BSC Host)	Wed March 25	TBA	TBA
Atlantics	Paradise Nfld	Mar 27-29	As per Skate NS	Register with Skate NS
Spring 2026 Sessions	Cent/ Greenfoot	April 1– June 19	TBA	TBA
HSC Banquet/ Spring Seminar Weekend	TBA	May 22-24 OR May 29-31	TBA	TBA

Updated Sept 1, 2025