



TEEN/ADULT INTRO to FIGURE SKATING **(A-IFS)** **Fall 2026 PROGRAM SCHEDULE**

This class is designed for mature skaters, aged 14+, who have skills on the upper level of the CanSkate program (CS5+) and who have a keen interest in progressing their skating skills with figure skating aspirations.

These skaters will be able to participate in a figure skating curriculum aimed at progressing skills into Skate Canada's StarSkate Skate Programs. Our coaches will build on a solid foundation of basic skating skills and introduce figure skating specific skills to include edges and turns, beginning jumps and spins, and on ice performance.

Skaters will start in once per week group programming and once they have progressed to having completed Star 2 Assessments, they will have the option to add in additional open sessions during the week for independent practice.

****Skater should be a minimum of 12 years of age, with no maximum age!**

Age is as of July 1, 2026

Adult IFS:

Includes: 45 minutes on ice small group lesson & 15 minutes on ice independent practice weekly

Adult IFS	Sundays – Callingwood Arena, A (17740-69 Avenue NW)	8:45-9:45 pm	September 13 – December 13, 2026 OMIT: Sun October 11	13 classes
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- Adult IFS can progress into the private lesson figure skating program once a skater reaches Star 2 assessments.
- Private lessons during Open sessions (independent practice) may be an option once a skater is ready
- These sessions will have smaller groups on the ice in an adult only (aged 12+) environment