

# West Toronto Skating Club

2019 2020



Active for Life



Active for Life - Fitness  
Active for Life - Competition



SR STAR

Learn to Train - Focus Age 7-Teens  
Learn to Compete - Age 9-Teens



STAR

Learn to Train - Focus Age 7-12



RisingSTAR

Learn to Skate Advanced - All ages  
Learn to Skate Advanced - Early Adaptation  
Active for Life - Advanced skating technique



Figure Skating

CanPowerSkate

Learn to Skate Advanced- All ages  
Learn to Train- Focus Age 7-12



Pre-CanPowerSkate

Learn to Skate Advanced - Early Adaptation



Ringette/Hockey



Ice Sports

CanSkate

Learn to Skate - All ages

Pre-CanSkate

Learn to Skate - Younger skaters age 3-5





# West Toronto Skating Club



## Competitive

Free Skate  
Free Skate Pairs  
Dance Pairs  
Synchro

## Active for Life

Learn to Compete - Focus Age 9-14  
Train to Compete - Focus Age 10-17  
Training Demands - HIGH  
STAR 6-10 + Gold  
Pre-Novice  
Novice  
Junior  
Senior

Active for Life - All Ages  
Training Demands - LOW  
STAR 6-10 + Gold



## Open

Fall 2019 - Supplemental Training Time

## Teen/Adult Learn to Skate Group Lessons

Active for Life - > 18

## SR STAR

Learn to Train - Focus Age 7-Teens  
Learn to Compete - Age 9-Teens

## STAR

Learn to Train - Focus Age 7-12

## RisingSTAR

Learn to Skate Advanced - All ages

## Figure Skating

Learn to Skate - CanSkate

> 2020

2019 2020

