

STAR 1 – 5 (STARSkate) Content Overview

During the Junior, Intermediate, and part of the Senior STARSkate programs, your skater will be working on STAR 1 – 5. This includes the 5 disciplines of **Skills**, **Freeskate**, **Dance**, **Synchro**, and later on, **Artistic**.

Each discipline is **separate, and your skater will be at different STAR levels for each discipline. **Example** – your skater can be working on STAR 1 **Skills**, STAR 2 **Freeskate**, and STAR 3 **Dance** at the same time.

How does my skater pass levels?

Skaters will pass each level through assessments, which are completed by Coaches during regular sessions. Coaches will notify you when your skater is ready for assessment.

SKILLS	FREESKATE	DANCE	ARTISTIC	SYNCHRO
STAR 1	STAR 1: Elements	STAR 1: Elements (just steps)		
STAR 2	STAR 2: Elements STAR 2: Program	STAR 2A: Dutch Waltz STAR 2B: Canasta Tango		STAR 2
STAR 3	STAR 3: Elements STAR 3: Program	STAR 3A: Baby Blues STAR 3B: Elements (just steps)		STAR 3
STAR 4	STAR 4: Elements STAR 4: Program	STAR 4A: Swing STAR 4B: Fiesta Tango		STAR 4
STAR 5	STAR 5: Elements STAR 5: Program	STAR 5A: Willow Waltz STAR 5B: Elements (steps)	STAR 5 Program	