



PEC SKATING CLUB



Pre-CanSkate

PLEASE NOTE THE COACH TEAM HAVE THE OFFICIAL FORM
THIS DOCUMENT IS FOR INFORMAION ONLY

THE BEST START

CanSkate provides skaters with the best foundation for any ice sport, including figure skating, hockey, speed skating, ringette or for enjoying recreational skating as a life-long activity.



WHAT COMES NEXT?

STAR 1-5

Learn to figure skate program offering opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of skills, freeskate, ice dance, artistic and synchronized skating.

CANPOWERSKATE

Focuses on skating technique through balance, control and agility skills, to enhance the skating ability of hockey and ringette players.

a Fall down & get up O
Balance on two feet

PRE-CANSKATE - OPTIONAL READINESS LEVEL

a Move forward
O Make snow

a Move backwards
O Two-foot twist

a 360° march
a Two-footjump

Pre-Canskate ribbon award



Prince Edward County Skating

