



### **What is the CanSkate program?**

CanSkate, Skate Canada's flagship program is one of the most sought-after skating programs in Canada. CanSkate was developed by experts to teach the fundamentals of skating in a progressive manner. Designed for beginners of all ages, the focus is on fun, participation and basic skill development. Participants earn ribbons and badges as skills are mastered. The CanSkate learning environment is enhanced through fun, music and colourful teaching aids and props along with praise and feedback from coaches. This unique intro-to-ice environment is designed to stimulate and maintain interest and enthusiasm among skaters, allowing participants to gain the physical competency and confidence to remain active for life!

### **What should my skater wear?**

CanSkaters should dress warmly and in layers. We recommend warm pants covered with splash pants to keep the skaters dry and warm. Thicker mittens are also recommended. A non expired CSA approved hockey helmet is mandatory, facemasks are optional. As skaters progress up through the badges they may require fewer layers of clothing, and some little girls may want to wear a favourite skating dress. Skates are an important item to consider in every program. No matter what level of skater you have, remember the fit is paramount. Skates should be sharpened when first purchased and then checked regularly. If the blade feels flat or rounded when you rub across it crosswise, or your skater is falling more than usual, a sharpening is likely required. Walking on the arena floors dulls your skates quickly. Skate guards are a low cost investment that will protect your blades!

### **Who teaches the program?**

The CanSkate program is taught by Skate Canada NCCP Certified Coaches who are assisted by trained Program Assistants (PA's).

### **How Does a Typical Session Run?**

Arrive at the Agrena 10-15 minutes before session time and proceed to put on your child's skates and helmet. A few minutes before start time skaters should be lined up at the entry gate. We encourage parents to watch from the arena seating or the warmer lobby area. No parents will be permitted in the players/penalty boxes during sessions. After the warm up, the skaters will break up into their coloured groups. The skaters are grouped based on skating level and age where possible. The skaters rotate to different stations on the ice to work on different skills. The skaters are taught and review their skills on circuits. There is also a 'Fast Track' around the perimeter of the ice where skaters work on their speed. The session concludes with a group activity and a cool down. At the completion of the session, the skaters will be brought back to the same door they came on at to meet their parents.

### **How are ribbons and badges earned?**

The CanSkate program curriculum is organized into six progressive stages of learning. Each stage is broken down into three Fundamental Areas:

- Balance: Concentrating on forward skills, pushing technique, and edges
- Control: Concentrating on backwards skills, stopping and speed elements
- Agility: Concentrating on turning and jumping skills

The awards consist of:

- Three Fundamental Area ribbons for each stage
- Six stage badges

To pass a stage badge skaters must achieve all Fundamental Area ribbons (Balance, Control and Agility) from the corresponding stage. The skill requirements for each Fundamental Area are indicated on the report card.

### **How long does it take to complete the CanSkate program?**

Every skater is different and all skaters progress at different rates. It often depends on the age of the skater, and readiness to participate in the program.

### **What's after CanSkate?**

If your skater is geared toward figure skating:

Once your skater has completed CanSkate (minimum Stage 5 badge) they are eligible for our STARSkate program.

If your skater is geared toward hockey or ringette:

Programs are available through local clubs.

### **How do I get a Private lesson?**

CanSkate is a group lesson program. If you wish to get private lessons in addition to your CanSkate session additional ice fees and coaching fees will apply. You must contact a coach directly to book lessons. Private lessons are billed directly from the coach to the skater and are offered in 10 or 15 minute blocks. Rates for lessons vary with coaches levels and coaching experience. Lessons can be Private - only 1 skater, Semi-Private - 2 skaters, or Small Group - 3 to 4 skaters.

Ice fees will be collected by the Coach and paid to the Club.

### **Tips for success:**

Ensure your skater is dressed warmly in layers and that your skates are of a good quality as poor equipment can impede success. Remind your skater that you will be sitting in the arena seating to cheer them on!!

### **Questions or concerns on your skater or the program?**

Connect with a coach directly AFTER the skating session, or by email, phone or text.

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