



What is Pre-CanSkate?

Pre-CanSkate is an introduction to skating for children ages 3 & up. In the Pre-CanSkate session our goal is to get the children independent and comfortable on the ice - moving, getting up on their own and to view skating as a FUN activity.

What should my skater wear?

We recommend that Pre-CanSkaters 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, and facemasks are recommended at this level. 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 Pre-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 Arena 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. Pre-CanSkate has a designated area on the ice that allows them to practice during the CanSkate session. Coaches and/or PA's will greet your skater at the entrance to the ice surface and bring them to the Pre-CanSkate area. The children are taught in a lightly structured group formation using music and toys to make the session a playtime on ice. The skaters will spend their time rotating through different activities that assist to increase a skater's comfort level on the ice, and confidence in their balance to begin skating. 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 long does it take to complete the Pre-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 Pre-CanSkate?

Once your skater has completed their Pre-CanSkate certificate, they can move into our CanSkate program!

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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