



CANSKATE

**CanSkate is for beginning skaters aged 5 and up and
skaters working on Stages 1 – 6 of the Skate Canada Canskate Program**

Program

- CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. CanSkate uses Skate Canada's curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster.
- CanSkate teaches the fundamental skills needed to take part in any ice sport whether the focus be for hockey, ringette, figure skating, speed skating or just skating for fun.
- Designed for those children ages 5 and up who can work independently within a group lesson (children ages 3-5 may be moved into this program with permission of the CanSkate director after they have passed Pre-CanSkate).
- Skaters progress at their own rate and coaches make sessions interactive using teaching aids, music and a wide variety of activities that create a fun environment and promote learning.

Skill Building Outcomes

- A complete series of balance, control, and agility skills taught in six stages of learning. The CanSkate program is based on Sport Canada's long term athlete development (LTAD) principles.

Equipment

- Skaters are to be dressed warmly for classes including waterproof mitts or gloves.
- **Approved CSA helmets** are mandatory, and children will not be permitted on the ice without one.
- Skates should have good ankle support with steel blades that are sharpened. Toy skates are NOT recommended. Please see the Equipment Guide.
- The club does not provide any equipment other than teaching aids.

Coaches

- Skate Canada and NCCP-trained professional coaches, assisted by trained program assistants.
- All classes follow the Skate Canada Standards of skater-to-coach ratio.

Registration

- Log in to your account on www.gpskate.com by choosing the 'Registration' tab. Choose the day/time for your class.
- Direct any questions to registration@gpskate.com.
- Skate Canada Membership and Safe Sport Fee of \$61.65 will be charged once during the Skate Canada Season (Sept 1 – Aug 31) at the initial registration.