



# PRE-CANSKATE

**PreCanskate is for beginning skaters aged 3 – 6.**

## **Program**

- A 30 minute non-parented class for children ages 3-6 who have not had any significant time on skates. It is designed to introduce children to the ice and help them become comfortable. This program teaches children the basics of how to get up when they fall down, how to move forward, basic backward movement and how to stop. Music, toys and games are used to help children feel ready to take the next step.
- All lessons are done in a group format, so children must be somewhat independent and not require one-on-one supervision. Children must be toilet trained.
- Once a participant has gained confidence and has mastered the skills at this level, they are awarded a PreCanskate Ribbon and may move on to the Canskate program.

## **Equipment**

- Skaters are to be dressed warmly for classes including waterproof mitts or gloves. Snowpants are also recommended.
- **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.
- Low skater-to-coach ratio for individual attention

## **Registration**

- Create account on [www.gpskate.com](http://www.gpskate.com) by choosing the 'Registration' tab. Choose the day/time.
- 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.
- Direct any questions to [registration@gpskate.com](mailto:registration@gpskate.com).

