

## WHY SIGN UP FOR CANSKATE?

### What is CanSkate?

CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

### Who's it for?

For beginners of all ages, children or adults, as well as for those wishing to improve their basic skills whether their focus be for figure skating, hockey, speed skating or just skating for fun.

### Who teaches it?

NCCP-trained professional coaches, assisted by trained program assistants.

### What will you learn?

A complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. CanSkate uses nationally-tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster.

### What can you expect?

Action, movement and fun! Lessons are given in a group format with a coach-to-student ratio of a maximum 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.

## REQUIRED EQUIPMENT

- Good support Figure or Hockey Skates. Please no plastic buckle skates
- A CSA approved Skating, Hockey, or Ski Helmet that buckles. Bike Helmets are not allowed. Face Shields are mandatory at the PreCan Level
- Gloves or Mittens. Please dress your skaters in clothing that allows freedom to move, fall and get back up. Jeans are highly discouraged.



## STARS ON ICE!

Every year Stars on Ice starts their tour in Halifax. This year we'd like to invite skaters that train with us to watch together!

The cost will be 85\$ per ticket, all inclusive of service fees and taxes. The deadline of the purchase is March 20th.

Date: Thursday April 25, 2024

Time: 7:30pm

**Purchase tickets on HSC Club Website by March 22**



**CanSkate**

## SPRING 2024

## Learn to Skate Programs

*Including: PreCanSkate, CanSkate, Teen and Junior Academy*



## April, May, June 2024

Tuesdays	HRM 4 Pad
Thursdays	Centennial
Sundays	Centennial <small>EXCEPT June 2 and 9 are at HRM 4 pad</small>



## HSC Awards Banquet

Saturday June 8th Atlantica Hotel

5:30pm

## PRECANSKATE / CanSkate Stage 1 Age 3-6

For skaters new to ice sports. **Age 3—6 without previous lessons.** Skaters must have quality skates (Figure skating or Hockey) , a CSA approved Skating helmet WITH a cage (no bike helmets) Mittens and or gloves and clothing that doesn't restrict movement. Please ensure skaters can walk on the floor (with guards on) in their skates before bringing them to the first session. Two sessions to choose from (***please choose only one session per skater***)

*This session allows more one on one attention than a mainstream CanSkate program*

**PreCan /CS Stage 1 Session 1 Sundays 3:45-4:15 April 14—June 9 (9 weeks)**

**PreCan /CS Stage 1 Session 2 Sundays 4:15-4:45 April 14—June 9 (9 weeks)**

*\*\*May 5th time 30min later*

*\*\*June 5 at HRM 4pad (5:30—6:00 - both sessions)*

*\*\*June 12 at HRM 4pad regular times*

## CANSKATE Age 5+ \*\*

For skaters age 5+ (***or younger skaters with previous skating experience; passed PreCan Ribbon***) Skaters must have quality skates (Figure skating or Hockey) , a CSA approved Skating helmet (no bike helmets.) Helmets are recommended to have a face cage. Mittens and or gloves and clothing that doesn't restrict movement. 3 sessions to choose from.

**CanSkate Session 1 (All levels) Thursdays 6:10-6:55 April 11 - June 6 (9 weeks)**

**CanSkate Session 2 (All levels) Sundays 3:00-3:45 April 14—June 9 (9 weeks)**

**CanSkate Session 3 (stage 1+) Sundays 4:55-5:40 April 14—June 9 (9 weeks)**

*\*\*SUNDAY SESSION Changes*

*\*\*May 5th time 30min later*

*\*\*June 5 at HRM 4pad (6:00-6:50 - both sessions)*

*\*\*June 12 at HRM 4pad regular times*

## TEEN CANSKATE Age 10+

For skaters age 10+ with or without skating ability CanSkate levels - PreCan to Stage 6. Skaters must have quality skates (Figure skating or Hockey) , a CSA approved Skating helmet (no bike helmets.) Helmets are recommended to have a face cage. Mittens and or gloves and clothing that doesn't restrict movement.

**Teen CanSkate Thursdays 5:35-6:10 April 11 - June 6 (9 weeks)**

## JUNIOR ACADEMY Invite Only

***Invite Only*** from Mainstream CanSkate Program. Figure Skating focus **2 day a week program—no exceptions.**

Skaters MUST be in good quality Figure skates.

April 2-June 11

NO SKATING—April 4th

Sessions are split between learning basic Beginner figure skating skills/ terms and working towards finishing the CanSkate Program. Sessions are taught by our National level coaches. Once completed skaters will move into our StarSkate Academy Programs

**Thursdays Centennial 5:35-6:55** *\*includes Thursday CanSkate session*

**Tuesdays HRM 4pad 5:00-6:50** *\* Includes Off Ice class 5:00-5:35*

*(Tuesdays—11 weeks, Thursdays -9 weeks)*

### IMPORTANT NOTES

- All members must pay the \$58.65 Skate Canada Membership fee yearly. (September 2023—August 2024) This include insurance for skaters and the club.

- ***Families registering before their allotted time will have their registrations removed from the system.***

- Please view all other Club Policies on our website

- Questions? please contact [halifaxskatingclub@gmail.com](mailto:halifaxskatingclub@gmail.com)

- All registrations to be completed online at [HalifaxSkatingClub.com](http://HalifaxSkatingClub.com)

**RETURNING MEMBERS (Fall 2022 - Winter 2024)**

**Mon March 18th 10am**

**WAIT LISTED (Fall 2022-Winter 2024)**

**Wed March 20th 10am**

**NEW MEMBERS (pending spaces available)**

**Friday March 22th 10am**

***Please view our registration page on the website for the terms: RETURNING member, WAIT LISTED member and NEW member.***



# CanSkate PatinagePlus

## Awards / Prix

**Pre-CanSkate Ribbon**

*New Skaters*

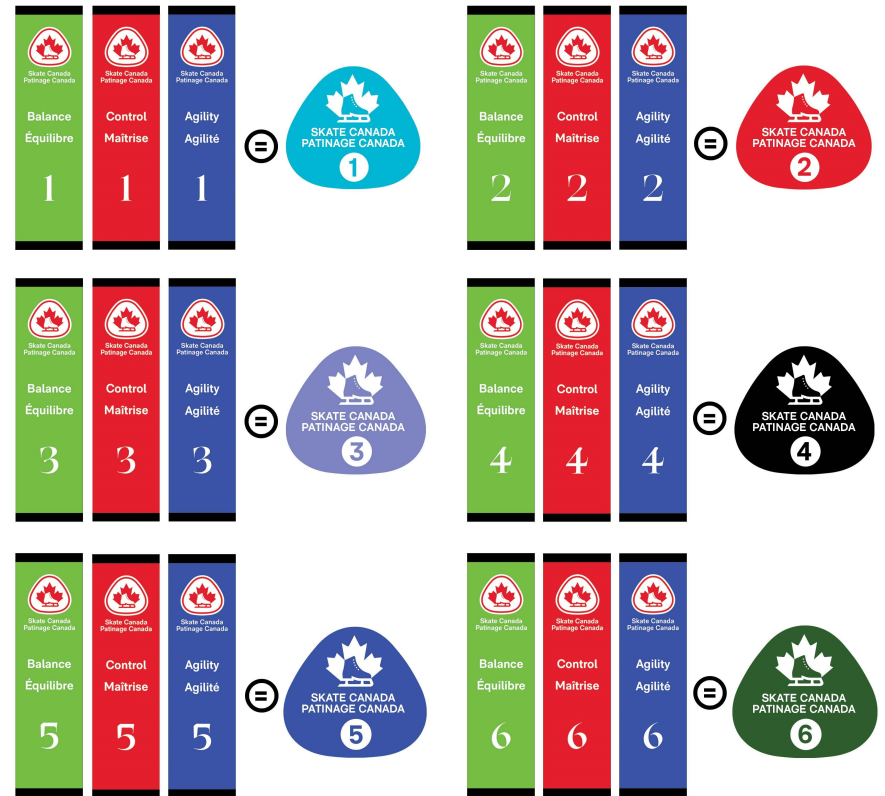


**Stage 1-6  
Fundamental Ribbons**

BALANCE  
CONTROL  
AGILITY

+

**Stage 1-6  
Badges**



# PATHWAYS



## SEASONS OFFERED:

StarSkate Academy :	Fall/ Winter, Spring Summer
Jr Academy:	Fall, Winter, Spring, Summer
CanSkate/PreCan/Teen:	Fall, Winter, Spring

## CANSKATE

Skate Canada National Learn To Skate Program

\* PreCan \* CanSkate \* Teen \* Junior Academy \*

age 3-6 age 5-10 age 10+ 10 and under

*When completed CanSkate skater is automatically invited to the StarSkate Pathway. Coaches meet and discuss at the end of each season which*

Skaters will be ready for Hockey, Ringette, Speed Skating programs with local organizations

Junior Academy (invite only)

## StarSkate PATHWAY

### Academy BRONZE

- Star 1 group
- Star 1-3
- and/or no Axel

### Academy SILVER

- Star 4-5/Pre-Juv
- and/or no Axel
- and/or low double jumps

### Academy GOLD

- passed Star 6+ & Juv+
- working on all doubles and Triple Jumps

### Academy SYNCHRO

- Star 1+
- team/s divided by age and skating levels

### PODIUM PATHWAY

- PreNovice, Novice, Junior, Senior
- Working on triples
- Follows Skate Canada Podium Pathways Criteria

### Academy Programming Includes:

- On Ice sessions
- Group Sessions On and Off-Ice
- Off Ice Classes geared towards developing a well rounded athlete
- Club Seminars
- Awards and Bursaries
- Ice show and Banquet

### CanSkate PA (Program Assistant)

All skaters in the Academy BRONZE, SILVER, GOLD are invited to PA on our CanSkate Sessions. These are volunteer hours.

PA Training Is held each Fall

### Club Board Member

18+

with an interest in helping with Club Activities

### Skate Canada Official

16+

- Judge
- Evaluator
- Technical Specialist
- Data Specialist

### Skate Canada Professional Coach

15+

- passed Minimum of two Star 5 tests
- CanSkate/ Regional/ Provincial/ National

Updated November 2023

<b>Academy BRONZE</b>	Completes Skate Canada StarSkate Assessments, Competes at Local Star 1-3 Fun Skates,
<b>Academy SILVER</b>	Completes Skate Canada StarSkate Assessments, Competes Local, Provincial, (and if they wish) Interprovincially. Opportunity to attend Provincial Seminars
<b>Academy GOLD</b>	Completes Skate Canada StarSkate Assessments, Competes Local, Provincial, (and if they wish) Interprovincially. Opportunity to attend Provincial Seminars
<b>Podium Pathway</b>	- Competes Local, Provincial, National and International, Opportunity to be selected for National Seminars