

SPRING 2022

Learn to Skate Programs



Including: PreCanSkate, CanSkate, Junior Academy

April—June 2022

Centennial Arena and HRM 4pad Arena
HRM

*** Please note some weeks the location changes

CANSKATE
Skate Canada National Learn To Skate Program

* PreCan * CanSkate * Teen * Pre Academy * Junior Academy *
(all skaters participate in year end Ice show)

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

Pre Academy (invite only)
Junior Academy (invite only)

Academy BRONZE

- Star 1 group
- working on 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 HIGH GOLD

- Passed 1+ gold test
- landing min 3 doubles

Academy SYNCHRO

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

Academy Junior ELITE

- Pre-Juv & Juv w/ 2A

Academy Senior ELITE

- Pre-Novice+ having qualified for at least Challenge the year

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
- Year end Ice show and Wrap up week-end

Academy 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

Skate Canada Professional Coach

- 16+
- passed Minimum of two Star 5 tests
- Various levels and Certifications

Club Board Member

- 18+ with an interest in helping with Club Activities

PreCan First time in learn to skate Program - When PreCan Ribbon is passed skaters progress into mainstream CanSkate Program (no change to session time)

CanSkate PreCanSkate age 5+ (or skaters with previous experience) to complete stage 6

Teen Age 10+ Can Skaters or by recommendation to the program

Pre Academy Invite Only—Skates with Regular Can Skate 5 sessions, Figure Skating Focus

Junior Academy Invite only—Must be in Figure Skates (formerly Jr Development), Figure Skating Focus

Star 1 Group Skaters completing CanSkate will be invited to attend the Star 1 group program or the full Star Skate Academy Program

Caches will discuss at the end of each season which skaters are ready to move to next level, and invitations to next program will be sent. (December, March, May, August)

Academy BRONZE Completes Skate Canada StarSkate Tests, Competes at Local Star 1-3 Fun Skates.

Academy SILVER Completes Skate Canada StarSkate Tests, Competes Local, Provincial, (and if they wish) Interprovincially. Opportunity to attend Provincial Seminars

Academy GOLD Completes Skate Canada StarSkate Tests, Competes Local, Provincial, (and if they wish) Interprovincially. Opportunity to attend Provincial Seminars

Academy ELITE Competes Local, Provincial, National and International, Opportunity to be selected for National Seminars

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 learn-

IMPORTANT NOTES

- All members must pay the \$45 Skate Canada Membership fee yearly. (September 2021-August 2022) 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
- All registrations to be completed online at HalifaxSkatingClub.com
- **Please use any unused ice credits on your account towards your registration.**

Registrations for **RETURNING MEMBERS** and siblings Opens:
Monday March 21st 10am

(Those registered in any Fall, Winter, Spring 2019-2021 —even if cancelled due to Covid-19)

Registrations for **WAITLISTED** Skaters (Fall 2019—Winter 2022) Opens:
Friday March 25th 10am

Registrations for all others Opens:
Monday March 28th 10am *(until classes are full)*

PRECANSKATE

For skaters new to ice sports. Age 3+ 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.

CENTENNIAL ARENA *except the weeks of -May 8, May 29, June 5th at HRM 4pad*

June 5th Tentative time change (12:10-12:40 & 12:40-1:10)

PreCan	Session 1	Sundays	3:45-4:15	April 24—June 12 (8 weeks)
PreCan	Session 2	Sundays	4:15-4:45	April 24—June 12 (8 weeks)

CANSKATE

For skaters age 5+ (or with 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. Skaters must have mittens and or gloves and clothing that doesn't restrict movement.

CENTENNIAL ARENA *except the following days are at HRM 4Pad Arena*

Thursdays—May 12, May 19

*Sundays - May 8, May 29, June 5th ** June 5th Tentative time change (11:25 & 1:20)_*

CanSkate	Session 1	Thursdays	5:55—6:55	April 14-June 9 (9 weeks)
CanSkate	Session 2	Sundays	3:00—3:45	April 24-June 12 (8 weeks)
CanSkate	Session 3	Sundays	4:55—5:40	April 24-June 12 (8 weeks)

TEEN CANSKATE

For skaters age 10+ (or with 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	Session 1	Thursdays (CENT)	5:55—6:55	April 14-June 9 (9 weeks)
Teen (Stage 3+)	Session 2	Tuesdays (HRM4PAD)	6:15—7:00	April 5— June 8 (11weeks)

**** Thurs May 12 and 19th are at HRM 4Pad arena*

JUNIOR ACADEMY

Invite Only from Mainstream CanSkate Program. Figure Skating focus 2 day a week program—no exceptions. Skaters MUST be in quality Figure skates. April 5- June 12 **TUESDAYS (HRM 4Pad) 5:15—7:10 and SUNDAYS (CENT) 4:55-5:55**

SUNDAY NOTES—No skating April 10, 17

Location Change *HRM 4 pad—May 8, May 29, June 5th (tentative time change June 5 —1:20-2:20)