



CanSkate

# Fall 2022 Learn to Skate Programs

Including: PreCanSkate, CanSkate, Teen and Junior Academy

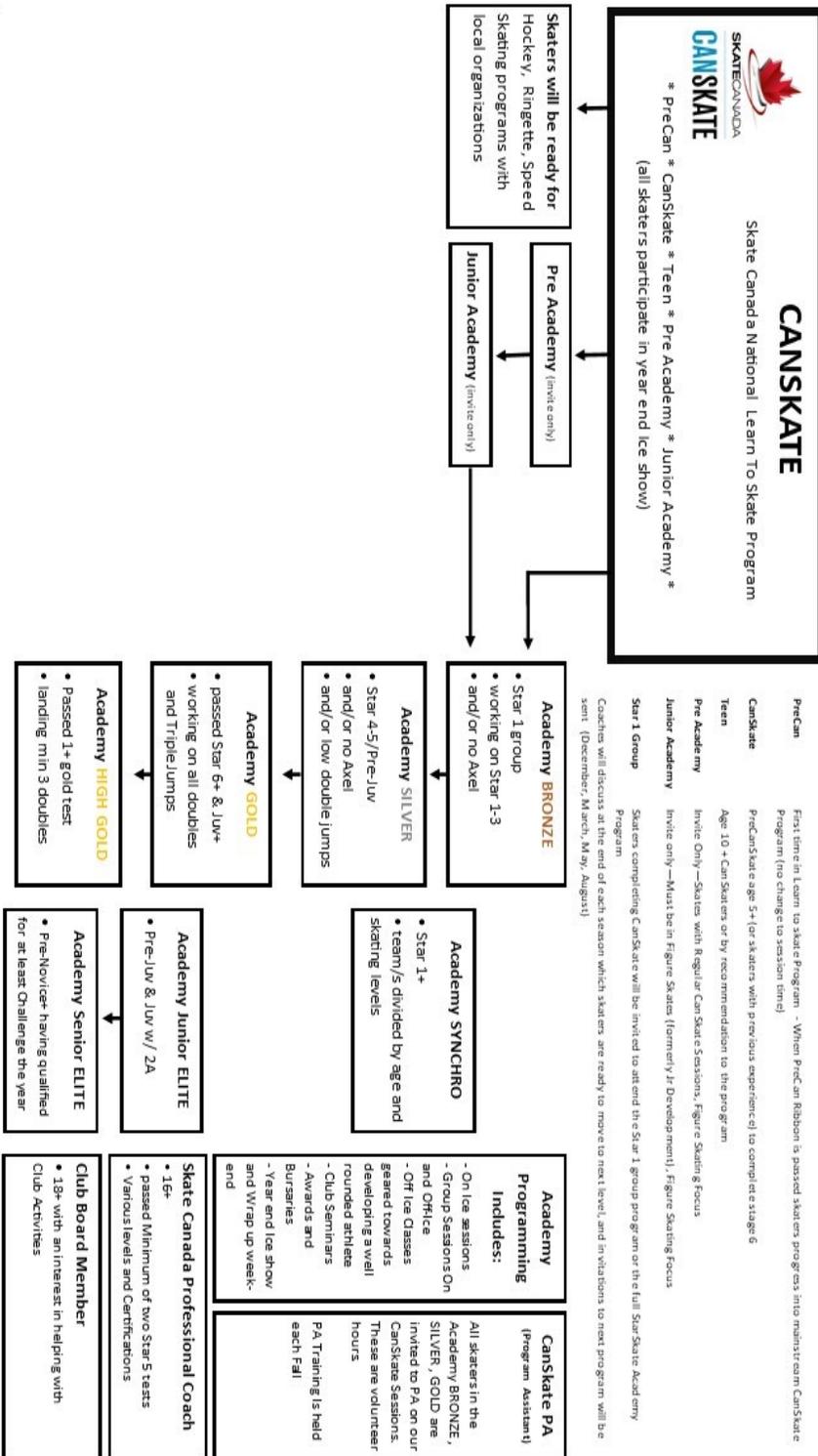


September—December 2022

Centennial Arena, HRM

## 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.



**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 learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.

## IMPORTANT NOTES

- All members must pay the \$45 Skate Canada Membership fee yearly. (September 2022—August 2023) 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

Registrations for **RETURNING MEMBERS** and siblings Opens:

**Friday Aug 19th 8am**

*(Those registered in any Fall 2021 to Spring 2022 Program)*

Registrations for **WAITLISTED** Skaters (Fall 2021—2022) Opens:

**Monday Aug 22nd 8am**

Registrations for all others Opens:

**Friday Aug 26th 8am** *(until classes are full)*

## PRECANSKATE

### 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 one per skater) *This session allows more one on one attention than a mainstream CanSkate program*

<b>PreCan Session 1</b>	<b>Sundays</b>	<b>2:30-3:00</b>	<b>Sept 11-Dec 11</b> (14 weeks)
<b>PreCan Session 2</b>	<b>Sundays</b>	<b>3:00-3:30</b>	<b>Sept 11-Dec 11</b> (14 weeks)

## CANSKATE

### Age 5+ \*\*

For skaters age 5+ (**or younger skaters with previous skating experience**) 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.

<b>CanSkate 1</b> (All levels)	<b>Thursdays</b>	<b>6:10-6:55</b>	<b>Sept 15-Dec 15</b> (14weeks)
<b>CanSkate 2</b> (All levels)	<b>Sundays</b>	<b>1:45-2:30</b>	<b>Sept 11-Dec 11</b> (14 weeks)
<b>CanSkate 3</b> (stage 1+)	<b>Sundays</b>	<b>3:40-4:25</b>	<b>Sept 11-Dec 11</b> (14 weeks)

## 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.

<b>Beginner Teen CanSkate</b>	<b>Thursdays</b>	<b>5:35-6:15</b>	<b>Sept 15-Dec 15</b> (14weeks)
<b>Advanced Teen CanSkate</b>	<b>Thursdays</b>	<b>5:35-6:15</b>	<b>Sept 15-Dec 15</b> (14weeks)

## 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. Sept 11—Dec 15—Includes 1 seminar day per month (off ice) that will cover the basics of Figure Skating for parents and skaters

<b>Thursdays</b>	<b>5:35—6:55</b> *includes Thursday CanSkate session
<b>Sundays</b>	<b>2:30-3:30</b>

**Off Ice Seminar—Thursdays 7:00-8:00 pm** Sept 15, Oct 13, Nov 3, Dec 1