

## CanSkate | Learn to Skate with Confidence

### What is CanSkate?

CanSkate is Skate Canada's official learn-to-skate program for beginners of all ages. It focuses on building strong fundamentals: Balance, Control, Agility. It is perfect for recreational skating, hockey, or future figure skating pathways. *Please read class descriptions carefully to choose the best fit for your skater*

### Required Equipment

- Properly fitted figure or hockey skates (no plastic buckle skates)
- CSA-approved hockey, ski, or skating helmet that buckles
- Bike helmets are not permitted
- Face shields are mandatory for PreCan
- Gloves or mittens
- Warm, flexible clothing that allows movement and falling safely
- Jeans are strongly discouraged
- We do not rent equipment

### Program Structure & Progress

- Led by certified professional coaches with trained Program Assistants
- National 6-stage progression
- Small group lessons (maximum 1:10 ratio)
- Groups based on age and ability, not badge stage (*group colours are for organization only*)
- Ongoing assessment throughout the season
- Skaters progress at their own pace
- Attendance and consistent effort impact progress
- Higher stages take longer as skills become more advanced
- Badges and ribbons awarded as stages are achieved
- Missing multiple classes may affect assessment



## 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! More information on our website under Products

Date: Thursday, April 23, 2026

Time: 7:00pm

Location: Scotiabank Centre

*The deadline of the purchase via HSC group package 5:00 PM Wednesday, March 18th, 2026.*



**CanSkate**

## SPRING 2026

## Learn to Skate Programs

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



## April, May, June 2026

Tuesdays	April 14– June 9	Greenfoot Centre—Bedford
Thursdays	April 9– June 4	Centennial
Sundays	April 19– June 14	Centennial * <i>Note time changes and locations</i>



## HSC Awards Banquet

Saturday May 30, 2026

Atlantica Hotel *Details TBA*

*Skate with an Olympian Day - TBA  
Karen Preston and a Future Olympian*

## PRECANSKATE / CanSkate Stage 1 Age 3-6 \$90

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*

*April 19—June 14*

*Sunday May 3 Time change 30min later*

*Sunday June 7 Location Change Greenfoot Centre \*reg times*

*Sunday June 14 Time Change 2 hrs earlier*

**PreCan /CS Stage 1 Session A Sundays 3:45-4:15 April 6—June 8 (9 weeks)**

**PreCan /CS Stage 1 Session B Sundays 4:15-4:45 April 6—June 8 (9 weeks)**

## 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.

**4 sessions to choose from—ensure your skater meets the stage requirement**

**CanSkate A** *(Stage 3 to 6)* **Thursdays 5:30-6:15 April 9 - June 4 (9 weeks) \$115**

**CanSkate B** *(Stage 1 and 2)* **Thursdays 6:15-6:55 April 9 - June 4 (9 weeks) \$105**

**CanSkate C** *(All levels)* **Sundays 3:00-3:45\* April 19—June 14 (9 weeks) \$115**

**CanSkate D** *(Stage 2 to 6)* **Sundays 4:55-5:40\* April 19—June 14 (9 weeks) \$115**

*Sunday May 3—Time change—30min later*

*Sunday June 7—Location Change— Greenfoot Centre \*reg times*

*Sunday June 14 - Time Change—2 hrs earlier*

## TEEN CANSKATE Age 10+ \$115

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 5:30-6:15 April 9 - June 4 (9 weeks)**

## Junior Academy Intro to Figure Skating (By Invitation Only) \$335

For skaters age 10 and under who are completing CanSkate and show strong interest and potential in figure skating. Introduces foundational skills: Jumps , Spins, Edges, Basic choreography and terminology. Skaters continue working toward completing CanSkate while beginning figure skating development. Once finished, they transition into our STARSkate Academy programs. Small group instruction led by National-level coaches.

### Selection and Commitment

Assessment and coach invitation from CanSkate. Families may request an assessment if interested. Attendance at both weekly sessions is required. Fee includes all coaching and ice time.

**Tuesdays – Greenfoot** April 14 – June 9

Off Ice: 5:15–5:45 PM

On Ice: 6:00–7:00 PM

*Note: April 21 and April 28 will follow a revised training format but start and end times remain the same.*

**Sundays – Centennial\*** April 19 – June 14

On Ice: 4:15–5:40 PM

### Schedule Notes for Sundays

*May 3 – 30 minutes later*

*June 7 – Greenfoot Centre (regular time)*

*June 14 – 2 hours earlier*

## REGISTRATION DETAILS

**Programs: PreCan, CanSkate, Teen CanSkate, Jr Academy**

**Mon, March 23 10:00 AM** Returning CanSkate families

*Code will be emailed by Fri, March 20*

**Thu, March 26 10:00 AM** Previous-season CanSkate waitlist

**Mon, March 30 10:00 AM** New CanSkate members

*Please view our registration page on the website for the terms:*

*RETURNING member, WAIT LISTED member and NEW member.*

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

All members must pay the \$61.65 Skate Canada Membership fee yearly. (September 2025—August 2026) This includes insurance for skaters and the club.

- 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)



# CanSkate PatinagePlus

## Awards / Prix

**Pre-CanSkate Ribbon**  
*New Skaters*

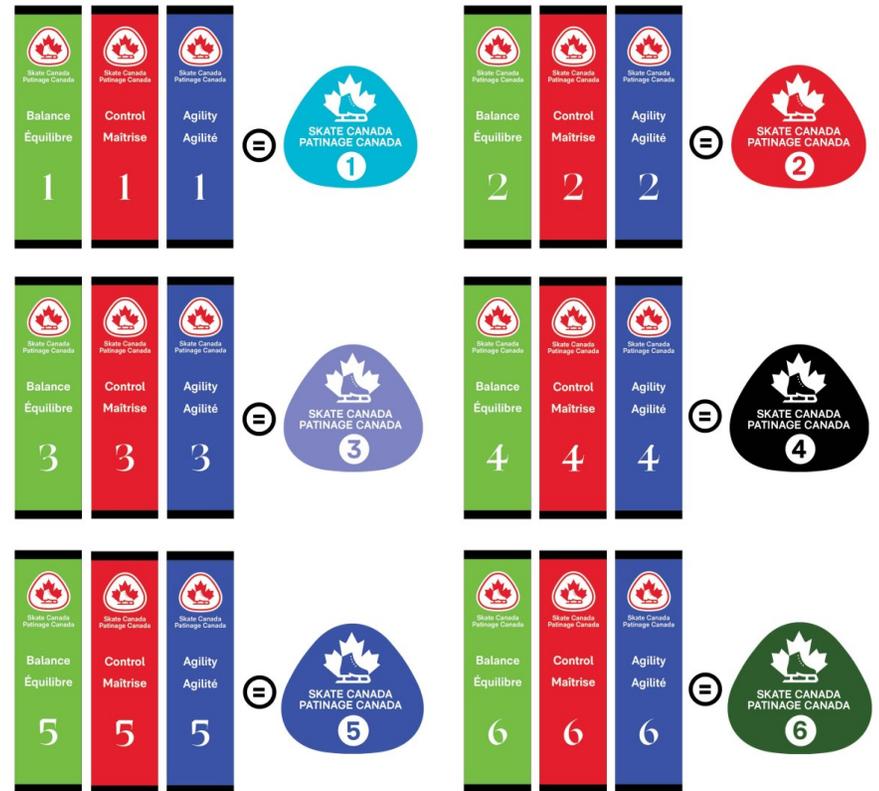


**Stage 1-6  
Fundamental Ribbons**

BALANCE  
CONTROL  
AGILITY

+

**Stage 1-6  
Badges**



## PATHWAYS



### CANSKATE

Skate Canada National Learn To Skate Program

<b>PreCan</b> age 3-6	<b>CanSkate</b> age 5-10	<b>Teen</b> age 10+	<b>Junior Academy</b> 10 and under
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When completed CanSkate the skater is automatically invited to the StarSkate Pathway. Coaches meet and discuss at the end of each season which skaters are ready to move to next level, and invitations to level will be sent (December, March, May, August)

### SEASONS OFFERED:

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

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 1-2
- 75-100% group/coach directed

### Academy SYNCHRO

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

### Academy SILVER

- Star 3-4
- 50-75% group / coach directed
- working on Axel

### PODIUM PATHWAY

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

### Academy GOLD

- Star 5+ & Competitive
- 25% group / Coach directed time
- working on all doubles and triples

### 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 August 2024

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