Academy SILVER

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

landing min 3 doubles Passed 1+ gold test Academy

Academy Senior ELITE

Club Board Member

18+ with an interest in helping with

working on all doubles passed Star 6+ & Juv+

Academy Junior ELITE

Skate Canada Professional Coach

passed Minimum of two Star 5 tests

Academy

and Triple Jumps

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

Academy SILVER

team/s divided by age and

Off Ice Class

ILVER, GOLD are

Academy SYNCHRO

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

Skating programs with lockey, Ringette, Speed katers will be ready for ocal organizations CANSKATE * PreCan * CanSkate * Teen * Pre Academy * Junior Academy (all skaters participate in year end Ice show) Skate Canada National Learn To Skate Program Pre Academy CANSKATE and/or no Axel and/or Under 14 Star 1 group Academy BRONZE

Programming Includes: Academy CanSkate PA



Spring 2021 Learn to Skate Programs

Including: PreCanSkate, CanSkate, Pre Academy and Junior Academy







Programs Start April 1st

Centennial and BMO Arenas, HRM

COVID –19 PROTOCOLS IN PLACE

- * Daily Health screening tool online before each session * Smaller class size Skaters and Coaches Wear Masks*
 - * Less crossover between groups * Minimal Hands on teaching *

*Frequent Cleaning of High Touch Areas *

SKATERS SHOULD ARRIVE ICE READY

Skaters will need hard guards to walk on pavement

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. Can-Skate 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

IMPORTANT NOTES

- All New members must pay the \$45 Skate Canada Membership fee (September 2020-August 2021) This include insurance for skaters and the club.
- Registrations for RETURNING MEMBERS and siblings Opens March 12 (Those registered in any 2019-2020 Program or 2020-2021 Program—even if cancelled due to Covid-19)
- Registrations for WAITLISTED Skaters (2019-2021) Opens March 17
- Registrations for all others opens March 22 (until classes are full)
- Families registering before their allotted time will have their registrations removed from the system
- Please view all other club Policies on our website
- Question please contact halifaxskatingclub@gmail.com
- ♦ All registrations to be completed online at HalifaxSkatingClub.com

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 (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.

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) Mittens and or gloves and clothing that doesn't restrict movement.

SPRING 2021 CANSKATE SESSIONS

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CANSKATE #1	ALL LEVELS			
Centennial	Thursdays April 1—June 10	5:55-6:55		
	No skating May 12th or 19th			
CANSKATE #2	PRECAN to STAGE 1			
Centennial *вмо	Sundays April 11-June 6	1:30-2:15*		
	(BMO May 9, 30,June 6)	12:25— 1:10		
CANSKATE #3	STAGE 2+			
Centennial *вмо	Sundays April 11-June 6	2:25—3:10*		
	*(BMO May 9, 30,June 6)	1:20—2:05		
CANSKATE #4	ALL LEVELS			
CANSKATE #4	ALL LEVELS			
Centennial *вмо	Sundays April 11-June 6	3:15-4:00*		
	*(BMO May 9, 30,June 6)	2:10—2:55		
TEEN CanSkate	Tuesdays at BMO	6:15-7:00		

PRE ACADEMY

On Hold for the 2020-2021 season

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.

Tuesdays	ВМО	5:30-6:00	Off Ice
		6:15-7:00	On Ice
Sundays	Centennial *вмо	2:25-3:10	On Ice
	*(BMO May 9, 30,June 6)	1:20-2:05	On Ice