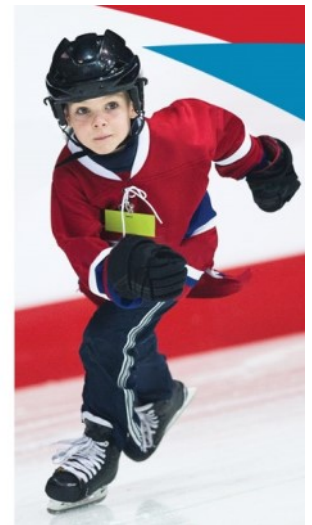


Spring 2021

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 *

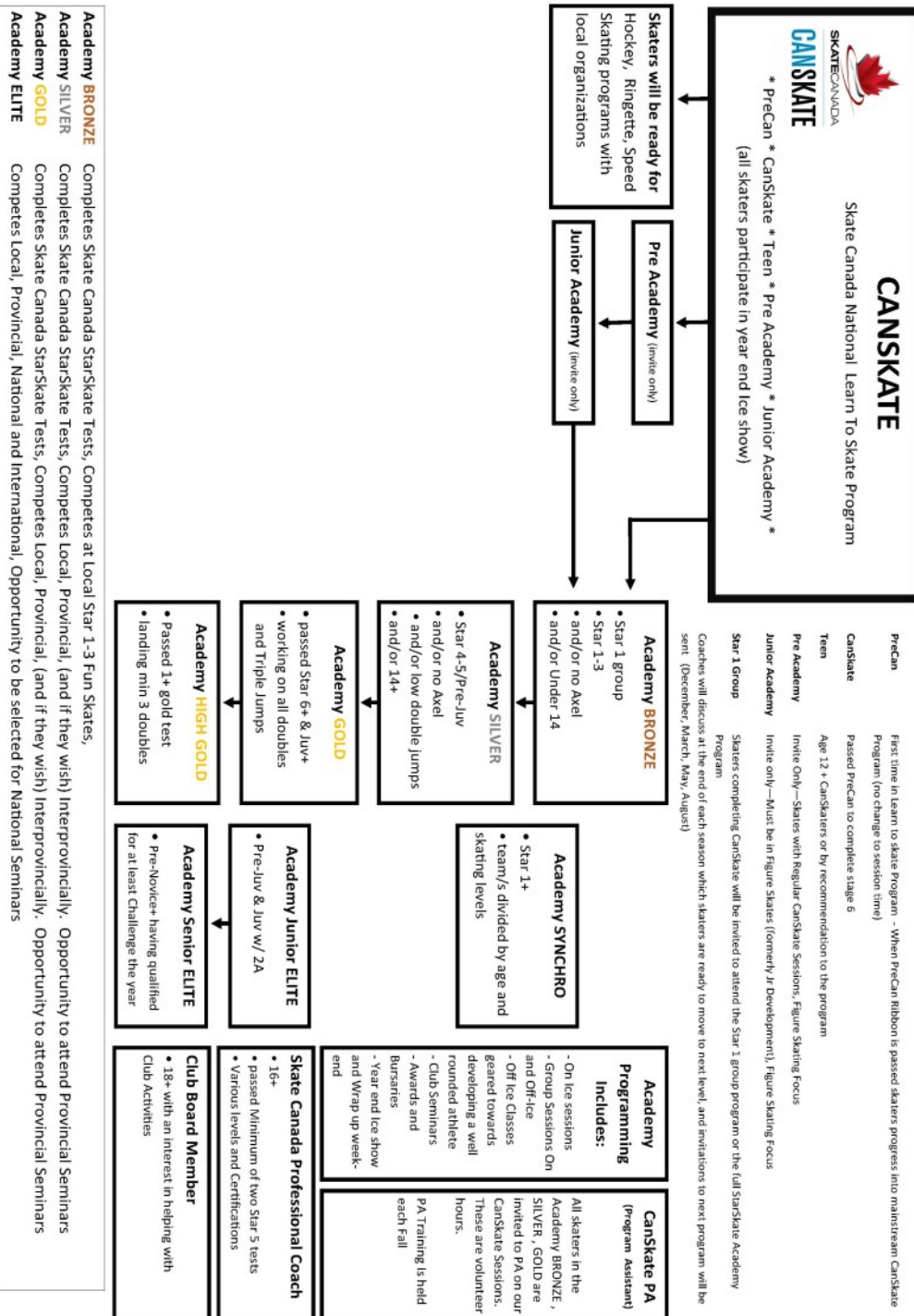
* Skaters and Coaches Wear Masks*

* 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. 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

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

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 *BMO	Sundays April 11-June 6	1:30—2:15*
	(BMO May 9, 30, June 6)	12:25— 1:10
CANSKATE #3		STAGE 2+
Centennial *BMO	Sundays April 11-June 6	2:25—3:10*
	*(BMO May 9, 30, June 6)	1:20—2:05
CANSKATE #4		ALL LEVELS
Centennial *BMO	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	BMO	5:30-6:00	Off Ice
		6:15-7:00	On Ice
Sundays	Centennial *BMO	2:25—3:10	On Ice
	*(BMO May 9, 30, June 6)	1:20—2:05	On Ice