



WINTER 2023 Learn to Skate Programs

Including: PreCanSkate, CanSkate,
Teen and Junior Academy



January—March 2023

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.



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)

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+ (for skaters with previous experience) to complete stage 6
Age 10 - Can Skaters or by recommendation to the program

Teen
Invite Only - Skates with Regular CanSkate Sessions, Figure Skating Focus

Pre Academy
Invite only - Must be in Figure Skates (formerly Jr Develop ment), Figure Skating Focus

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

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

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 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

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

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 Completes 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 includes insurance for skaters and the club.
- \$20 once per family SportSweep Fundraiser collected at Fall / Winter Registration.
- **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

RETURNING MEMBERS (Fall 2021 - Fall 2022)

Wednesday Dec 7th 10am

WAIT LISTED (Fall 2021-Fall 2022)

Friday Dec 9th 10am

NEW MEMBERS (pending spaces available)

Monday Dec 12 10am

PRECANSKATE / CanSkate Stage 1

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*

NO SKATING SUNDAY FEBRUARY 12th

PreCan /CS Stage 1	Session 1	Sundays	2:30-3:00	Jan 8-Mar 26 (11 weeks)
PreCan /CS Stage 1	Session 2	Sundays	3:00-3:30	Jan 8-Mar 26 (11 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.

NO SKATING SUNDAY FEBRUARY 12th, THURSDAY MARCH 16th

CanSkate Session 1 (stage 1+)	Thursdays	5:35-6:15	Jan 5-Mar 23 (11 weeks)
CanSkate Session 2 (All levels)	Thursdays	6:10-6:55	Sept 15-Dec 15 (11 weeks)
CanSkate session 3 (All levels)	Sundays	1:45-2:30	Jan 8-Mar 26 (11 weeks)
CanSkate session 4 (stage 1+)	Sundays	3:40-4:25	Jan 8-Mar 26 (11 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.

NO SKATING THURSDAY MARCH 16th

Teen CanSkate	Thursdays	5:35-6:15	Jan 8-Mar 26 (11 weeks)
---------------	-----------	-----------	-------------------------

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

Thursdays 5:35—6:55 *includes Thursday CanSkate session

Sundays 2:30-3:30

Off Ice Seminar—Thursdays 7:00-8:00 pm Jan 12, Feb 2, Mar 2