



## WINTER 2024 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.

**- Skates and helmets are NOT provided—No Rentals available**

### PATHWAYS



## CANSKATE

Skate Canada National Learn To Skate Program

- \* PreCan \* CanSkate \* Teen \* Junior Academy
- age 3-6 age 5-10 age 10+ 10 and under

**CanSkate PatinagePlus**

*When completed CanSkate skater is automatically invited to the Starskate Pathway. Coaches meet and discuss at the end of each season which*

Skaters will be ready for Hockey, Ringette, Speed Skating programs with local organizations

Junior Academy (invite only)



## Starskate PATHWAY

#### SEASONS OFFERED:

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

**Academy BRONZE**

- Star 1 group
- Star 1-3
- and/or no Axel

**Academy SYNCHRO**

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

**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.

**Academy SILVER**

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

• Team/s divided by age and skating levels

**Academy GOLD**

- passed Star 6+ & Juv+
- working on all doubles and Triple Jumps

**PODIUM PATHWAY**

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

**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 November 2023

**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

## 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 \$58.65 Skate Canada Membership fee yearly.  
(September 2023—August 2024)
- A \$25 once per family Sportsweep ticket fundraiser will be collected during 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](mailto:halifaxskatingclub@gmail.com)
- All registrations to be completed online at [HalifaxSkatingClub.com](http://HalifaxSkatingClub.com)

## WINTER 2024 Registration DATES

Registrations for **RETURNING MEMBERS** and siblings Opens  
Friday Dec 1st 10am  
(Those registered in any Fall 2022 to Fall 2023 Program)

Registrations for **WAITLISTED** Skaters (2023 calendar year Opens:  
Monday Dec 4th 10am

Registrations for all others Opens:  
Wednesday Dec 6th 10am (until classes are full)

## PRECANSKATE

### Age 3-6

**Age 3—6 without previous lessons.** A 30min coach led lessons. A small group is created where the child is taught fundamental skating skills to fall down and get up, move forward and backward, turn and hop. No previous skating experience is required. Two sessions to choose from—**(please choose one per skater)** *This session allows more one on one attention than a mainstream CanSkate program.* **NO SESSION Sunday March 3**

PreCan Session 1	Sundays	2:30-3:00	Jan 7—March 24 (11 weeks)
PreCan Session 2	Sundays	3:00-3:30	Jan 7—March 24 (11 weeks)

## CANSKATE

### Age 5+ \*\*

For skaters age 5+ **(or younger skaters with previous skating experience)** A 45min minute dynamic program where the fundamentals of skating are taught through the three skill categories—AGILITY, BALANCE and CONTROL. Skaters are grouped by their current skating ability. The lessons start with a warm up, then station rotations where they will learn and practice new skills in the ABC's of skating. This is a foundation program for those interested in pursuing any ice sport. Participants earn ribbons and badges from Stage 1 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. Three sessions to choose from. **NO SESSIONS Thursday Jan 18th, Sunday March 3**

CanSkate 1 (All levels)	Thursdays	6:10-6:55	Jan 4—March 28(12weeks)
CanSkate 2 (All levels)	Sundays	1:45-2:30	Jan 7—March 24 (11 weeks)
CanSkate 3 (stage 1+)	Sundays	3:40-4:25	Jan 7—March 24 (11 weeks)

## TEEN CANSKATE

### Age 10+

For skaters age 10+ with or without skating ability CanSkate levels - Fundamental elements of skating are taught and encouraged in a more comfortable environment for older beginners. Skaters work on skills in Agility Balance and Control that follow Skate Canada's CanSkate Program. 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 SESSIONS Thursday Jan 18th**

Teen CanSkate	Thursdays	5:35-6:10	Jan 4—March 28(12weeks)
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## 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.  
Thursday Jan 4-Thursday March 28th—**NO SESSION Sunday March 3**  
Fee includes all lessons and ice time.

Thursdays (13wks)	5:35—6:55	*includes Thursday CanSkate session
Sundays (11wks)	2:30-3:30	<b>NO SESSION Sunday March 3</b>