

HALIFAX SKATING CLUB CANSKATE 2017/2018

| CANSKATE | | | |
|-------------------|--------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| DAY | SESSION TIME | SKATING DATES* | |
| Thursday 1 | 5:25-6:10pm | Sept.14, 21, 28 Oct.5, 12, 19, 26 Nov.2, 9, 16, 23, 30 Dec.7, 14, 21 | Jan.4, 11, 18, 25 Feb.1, 8, 15, 22 Mar.1, 8 |
| Thursday 2 | 6:10-6:55pm | Sept.14, 21, 28 Oct.5, 12, 19, 26 Nov.2, 9, 16, 23, 30 Dec.7, 14, 21 | Jan.4, 11, 18, 25 Feb.1, 8, 15, 22 Mar.1, 8 |
| Sunday 1 | 1:40-2:25pm | Sept.10, 17, 24 Oct.1, 8, 15, 22 (no ice Oct.29) Nov.5, 12, 19, 26 Dec.3, 10, 17 | Jan.7, 14, 21, 28 Feb.11, 18, 25 (no ice Feb.4) Mar.4 |
| Sunday 2 | 2:25-3:10pm | Sept.10, 17, 24 Oct.1, 8, 15, 22 (no ice Oct.29) Nov.5, 12, 19, 26 Dec.3, 10, 17 | Jan.7, 14, 21, 28 Feb.11, 18, 25 (no ice Feb.4) Mar.4 |
| Sunday 3 | 3:20-4:05pm | Sept.10, 17, 24 Oct.1, 8, 15, 22 (no ice Oct.29) Nov.5, 12, 19, 26 Dec.3, 10, 17 | Jan.7, 14, 21, 28 Feb.11, 18, 25 (no ice Feb.4) Mar.4 |

*Dates may be subject to change based on operational requirements

CanSkate is a learn-to-skate program for skaters who are at least 4-years-old as of Sept.1 the year of registration (i.e Sept.1, 2017 for the 2017/2018 season). Skaters are group by age and level with a maximum of 10 skaters per group. Groups are led by trained program assistants and coached by Skate Canada Professional Coaches. Instruction is in a group format (one-on-one lessons are not available at this level).

Registered skaters must wear a certified hockey helmet. Face masks are highly recommended for beginner to Stage 3 skaters. Hockey or figure skates are permitted.

Questions should be directed to Wendy Stewart, HSC CanSkate Administrator, at halifaxskatingclub@gmail.com

| STARSKATE DEVELOPMENT (2 day/week program. Skaters must be Stage 4+ or have an invitation) | | |
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| DAY | SESSION TIME | SKATING DATES |
| Tuesday \$600 *includes Tuesday & Sunday *includes \$40 Skate Canada fee *includes \$20 Sunsweep fee | 5:10-6:40pm 5:10-5:55pm on-ice 6:10-6:40pm off-ice *Off-ice is mandatory as it helps further develop the skills practiced on-ice | Sept.5, 12, 19, 26 Oct.3, 10, 17, 24 (no ice Oct.31) Nov.7, 14, 21, 28 Dec.5, 12, 19 Jan.2, 9, 16, 23, 30 Feb.6, 13, 20, 27 Mar.6, 20, 27 (no ice Mar.13 – March Break) |
| Sunday | 4:05-4:55pm On-ice only. No off-ice Sundays. | Sept.10, 17, 24 Oct.1, 8, 15, 22 (no ice Oct.29) Nov.5, 12, 19, 26 Dec.3, 10, 17 Jan.7, 14, 21, 28 Feb.11, 18, 25 (no ice Feb.4 – Rob McCall Competition) Mar.4 |

STARSkate Development is for skaters Stage 4+, or those who have received an invitation. Stations include figure skating jumps and spins, edges and turns, fundamental skating skills, and supervised alone time (allowing skaters to gradually get used to working on their own). Groups are smaller to allow for more one-on-one time for accelerated movement through CanSkate. Development is a bridge between CanSkate and the full STARSkate program. Please contact Becky, HSC Director of Programs, at hscdirectorofprograms@gmail.com if you have any questions.