



Fall 2024 Learn to Skate Programs

Including: PreCanSkate, CanSkate, Teen and Junior Academy



September—December 2024

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

When completed CanSkate the skater is automatically invited to the Starskate Pathway. Coaches meet and discuss at the end of each season which skaters are ready to move to next level, and invitations to level will be sent (December, March, May, August)

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

Junior Academy (invite only)

Starskate PATHWAY

Starskate Academy :
Jr Academy:
CanSkate/PreCan/Teen:

SEASONS OFFERED:

Fall/Winter, Spring/Summer
Fall, Winter, Spring, Summer
Fall, Winter, Spring

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

Academy BRONZE
• Star 1 Group
• Star 1-2
• 75-100% group/coach directed

Academy SILVER
• Star 3-4
• 50-75% group / coach directed
• working on Axel

Academy GOLD
• Star 5+ & Competitive
• 25% group / coach directed time
• working on all doubles and triples

Academy SYNCRO
• Star 1+
• team/s divided by age and skating levels

PODIUM PATHWAY
• PreNovice, Novice, Junior, Senior
• Working on triples
• Follows Skate Canada Podium Pathways Criteria

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 Banquets

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

Academy BRONZE Completes Skate Canada Starskate Assessments, Competes at Local Star 1-3 Fun Skates, Interprovincially. Opportunity to attend Provincial Seminars

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

Updated August 2024

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

IMPORTANT NOTES

- All members must pay the \$61.65 Skate Canada Membership fee yearly.
(September 2024—August 2025) This includes National, and Provincial registration fee + Safe sport fee and injury insurance .
- **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

Registrations for **RETURNING MEMBERS** and siblings Opens:

Wednesday Aug 21 8am

(Those registered in any Fall 2023 to Spring 2024 Program)

Registrations for **WAITLISTED** Skaters (Fall 2023—2024) Opens:

Friday Aug 23rd 10am

Registrations for all others Opens:

Monday Aug 26th 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 Ice Oct 27**

PreCan Session 1	Sundays	2:30-3:00	Sept 8-Dec 22 <i>(15 weeks)</i>
PreCan Session 2	Sundays	3:00-3:30	Sept 8-Dec 22 <i>(15 weeks)</i>

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.

CanSkate 1 <i>(Stage 1+)</i>	Thursdays	6:10-6:55	Sept 12-Dec 19 <i>(14 weeks) No ice Halloween</i>
CanSkate 2 <i>(All levels)</i>	Sundays	1:45-2:30	Sept 8-Dec 22 <i>(15 weeks) No Ice Oct 27</i>
CanSkate 3 <i>(Stage 1+)</i>	Sundays	3:40-4:25	Sept 8-Dec 22 <i>(15 weeks) No Ice Oct 27</i>

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.

Teen CanSkate	Thursdays	5:35-6:10	Sept 12-Dec 19 <i>(14 weeks) No ice Halloween</i>
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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. Sept 8—Dec 22—Fee includes all lessons and ice time.

No Ice Sunday Oct 27th and Thursday Oct 31st

Thursdays	5:35—6:55 <i>*includes Thursday CanSkate session</i>
Sundays	2:30-3:30