

## 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.

## 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.



## STARS ON ICE!

Every year Stars on Ice starts their tour in Halifax. This year we'd like to invite skaters that train with us to watch together! The cost will be 85\$ per ticket, all inclusive of service fees and taxes. The deadline of the purchase is March 20th.

Date: Friday, April 28, 2023

Time: 7:30pm

**Register for tickets on HSC Club Website**



**CanSkate**

## SPRING 2023

## Learn to Skate Programs

*Including: PreCanSkate, CanSkate, Teen and Junior Academy*



## April, May, June 2023

Tuesdays	HRM 4 Pad
Thursdays	Centennial
Sundays	Centennial <i>EXCEPT June 4 and 11 are at HRM 4 pad</i>
<i>Sunday May 6th all sessions are 30min later</i>	

## HSC Club Banquet

*with Special Guests—Meagan Duhamel and Bruno Marcotte*

Saturday June 10th Atlantica Hotel

## 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 only one session per skater**)

*This session allows more one on one attention than a mainstream CanSkate program*

**PreCan /CS Stage 1 Session 1 Sundays 3:45-4:15 April 16-June 11 (9 weeks)**

**PreCan /CS Stage 1 Session 2 Sundays 4:15-4:45 April 16-June 11 (9 weeks)**

*\*\*Sunday May 7th all sessions 30min later*

*\*\*\*June 4 and 11th are at HRM 4 pad*

## CANSKATE Age 5+ \*\*

For skaters age 5+ (**or younger skaters with previous skating experience; passed PreCan Ribbon**) 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.

**CanSkate Session 1 (All levels) Thursdays 6:10-6:55 April 6 - June 8 (10 weeks)**

**CanSkate Session 2 (All levels) Sundays 3:00-3:45 April 16 -June 11 (9 weeks)**

**CanSkate Session 3 (stage 1+) Sundays 4:55-5:40 April 16 -June 11 (9 weeks)**

*\*\*Sunday May 7th all sessions 30min later*

*\*\*\*June 4 and 11th are at HRM 4 pad*

## 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.

**Teen CanSkate Thursdays 5:35-6:10 April 6 - June 8 (10 weeks)**

### Sunday June 11th—Skate with an Olympian Day.

Special Guests **Meagan Duhamel** (World and Olympic Champion) and **Bruno Marcotte** (World and Olympic Coach) will be in attendance on all club sessions. *More details to come on this special event!*

## 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. April 6-June 11

April 9th—No skating

May 7 all sessions 30min later

June 4 and 11 at HRM 4 pad

Sessions are broken into learning basic Beginner figure skating skills and terms and working towards finishing the CanSkate Program. Sessions are taught by our National level coaches. Once completed skaters will move into our StarSkate Academy Programs

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

**Tuesdays HRM 4pad 5:00-7:00 \* Includes Off Ice class 5:00-5:35**

### IMPORTANT NOTES

- All members must pay the \$45 Skate Canada Membership fee yearly. (September 2022—August 2023) This include insurance for skaters and the club.

- **Families registering before their allotted time will have their registrations removed from the system.**

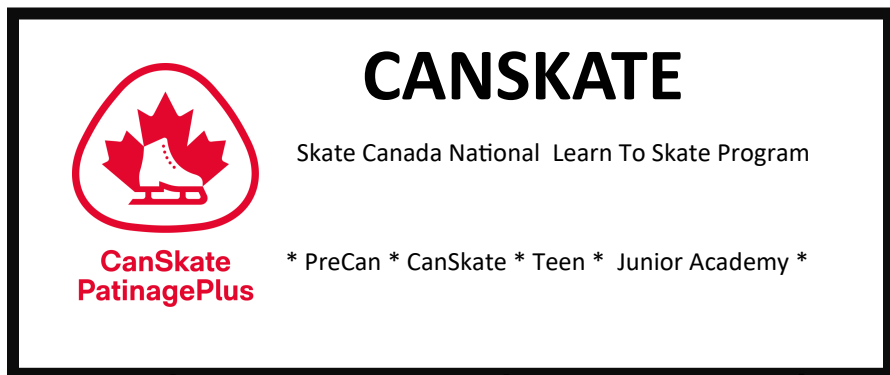
- Please view all other Club Policies on our website
- Questions? please contact [halifaxskatingclub@gmail.com](mailto:halifaxskatingclub@gmail.com)
- All registrations to be completed online at [HalifaxSkatingClub.com](http://HalifaxSkatingClub.com)

**RETURNING MEMBERS (Fall 2021 - Winter 2023)**  
**Mon March 20th 10am**

**WAIT LISTED (Fall 2021-Winter 2023)**  
**Wed March 22nd 10am**

**NEW MEMBERS (pending spaces available)**  
**Friday March 24th 10am**

**Please view our registration page on the website for the terms: RETURNING member, WAIT LISTED member and NEW member.**



- 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

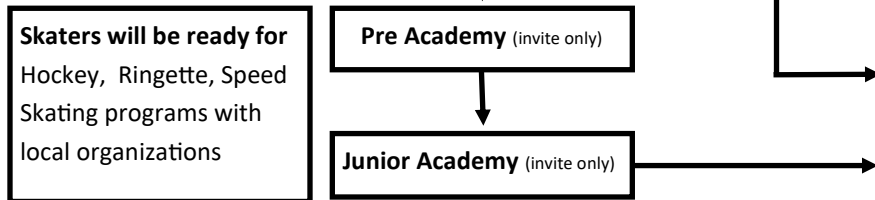
Passed PreCan to complete stage 6 ( Stage 1, Stage 2, Stage 3, Stage 4, Stage 5, Stage 6)
- Teen

Age 10 + CanSkaters or by recommendation to the program (Stage 1-6)
- Pre Academy

Invite Only—Skates with Regular CanSkate Sessions, Figure Skating Focus
- Junior Academy

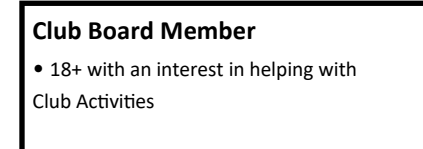
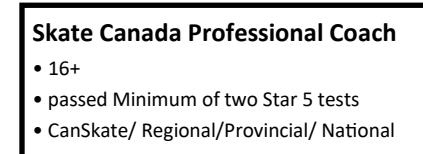
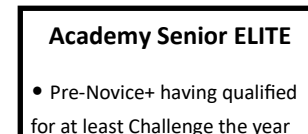
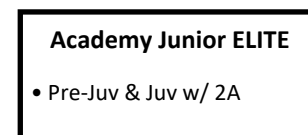
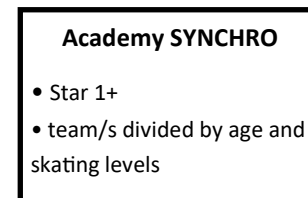
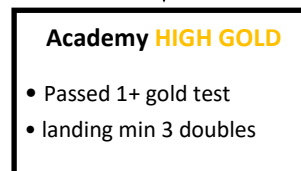
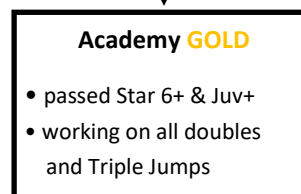
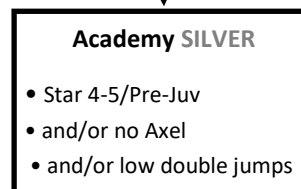
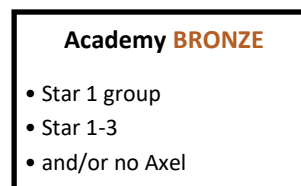
Invite only—Must be in Figure Skates, Figure Skating Focus
- Star 1 Group

Skaters completing CanSkate will be invited to attend the Star 1 group program or the full StarSkate Academy Program
- Coaches meet and 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)



#### SEASONS OFFERED:

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



Updated March 2023

<b>Academy <span style="color: brown;">BRONZE</span></b>	Completes Skate Canada StarSkate Tests, Competes at Local Star 1-3 Fun Skates,
<b>Academy <span style="color: grey;">SILVER</span></b>	Completes Skate Canada StarSkate Tests, Competes Local, Provincial, (and if they wish) Interprovincially. Opportunity to attend Provincial Seminars
<b>Academy <span style="color: gold;">GOLD</span></b>	Completes Skate Canada StarSkate Tests, Competes Local, Provincial, (and if they wish) Interprovincially. Opportunity to attend Provincial Seminars
<b>Academy <span style="color: black;">ELITE</span></b>	Competes Local, Provincial, National and International, Opportunity to be selected for National Seminars