

## What is CanSkate?

- Skate Canada's official learn-to-skate program for beginners of all ages
- Builds core skating skills: balance, control, and agility
- Ideal for recreational skaters or those preparing for hockey or figure skating

### How it Works:

- Taught by certified professional coaches with support from trained program assistants
- Follows a 6-stage nationally recognized skill progression
- Group lessons with a maximum 1:10 coach-to-skater ratio
- Uses upbeat music, teaching aids, and fun activities to keep skaters engaged
- Skaters earn badges and ribbons as they reach new milestones
- Please read class descriptions carefully to select the best option for your skater

### Group Placement:

- Skaters are grouped by age and ability—not by CanSkate stage
- Group colors help organize skaters but do not indicate level
- Groups are reassessed each season and may be adjusted in the first few weeks to ensure the best fit

### Assessment & Progression:

- Assessments take place regularly throughout the season
- Skaters progress at their own pace—not all will pass a level each session
- When a stage is completed, badges or ribbons are handed out that day or within a few sessions
- Attendance, effort, and consistent practice all affect progress
- Higher stages typically take longer, as skills become more advanced
- Missing several classes may delay or prevent assessment

## IMPORTANT REGISTRATION NOTES

- A \$61.65 Skate Canada Membership Fee is required annually (Sept 2025–Aug 2026). This includes national/provincial registration, Safe Sport, and insurance.
- Registrations submitted before your assigned time will be removed.
- All registrations must be completed online at [HalifaxSkatingClub.com](https://HalifaxSkatingClub.com).
- Please review all Club Policies on our website.
- Questions? Email [halifaxskatingclub@gmail.com](mailto:halifaxskatingclub@gmail.com) (Note: replies will be delayed from Aug 16–24).

## REGISTRATION OPENS

- **Returning Members & Siblings:** Wed, Aug 13 – 5pm
- **Waitlisted Skaters (Fall 2024–Spring 2025):** Mon, Aug 18– 5pm
- **General Public:** Thurs, Aug 21 – 5pm (or until full)



## Fall 2025

## Learn to Skate Programs

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



## September—December 2025

15 weeks + World Ice Skating Day

Centennial Arena, HRM

*All Skaters in our Learn to Skate Programs  
are invited participate in our  
Club event on Dec 14th -*

## *World Ice Skating Day*

*Details TBA*



**CanSkate  
PatinagePlus**

## Fall 2025 Learn-to-Skate Programs

**Season Dates:** September 7 – December 21 (15 weeks)

**World Ice Skating Day (Tentative):** Sunday, December 14



### Required Equipment (All Skaters):

- Good support Figure or Hockey Skates. Please no plastic buckle skates
- Face Shields are mandatory at the PreCan Level
- Skates and helmets are NOT provided—No Rentals available

- A CSA approved Skating, Hockey, or Ski Helmet that buckles. Bike Helmets are not allowed.
- Gloves or Mittens.

Please dress your skaters in clothing that allows freedom to move, fall and get back up. Jeans are highly discouraged.

**Important Note:** A parent or guardian must remain at the rink in case your skater needs skates retied, gets hurt, is in the wrong group, or simply needs support from a familiar adult.

## Session Options

### Parent & Tot

For new skaters who need hands-on support from a family member. The adult must have basic skating ability (able to stand, move forward, and stop confidently) and must be on the ice with the skater.

**Note: The accompanying adult must also pay the Skate Canada membership fee.**

<b>THURS Parent &amp; Tot:</b>	3:10–3:55 PM	\$160
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### Pre-CanSkate / Stage 1

For skaters aged 3–6 with no previous skating experience. Small group, coach-led sessions focused on basic movement, falling safely, gliding, and balance. Includes a 15-minute off-ice warm-up before each class.

**Skaters needing one-on-one support should register for these sessions.**

Parents are not on the ice—skaters are supported by trained Program Assistants.

<b>SUN Pre-CanSkate / Stage 1 – Session 1:</b>	2:15–3:00 PM	\$145
<b>SUN Pre-CanSkate / Stage 1 – Session 2:</b>	2:45–3:30 PM	\$145

### CanSkate

For skaters aged 5+ or younger skaters with prior experience. Skaters are grouped by ability and work through Stages 1–6.

<b>THURS DAYTIME CanSkate – Stage 2+:</b>	3:10–3:45 PM	\$160
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*Must have passed Stage 2 and skate independently.*

<b>THURS CanSkate – Teen (Ages 10–18):</b>	5:30–6:15 PM	\$190
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<b>THURS CanSkate – Stage 3+:</b>	5:30–6:15 PM	\$190
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<b>THURS CanSkate – Stage 1–3:</b>	6:15–6:55 PM	\$170
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*Must have completed Pre-CanSkate or have prior experience.*

<b>SUN CanSkate – All Levels:</b>	1:45–2:30 PM	\$190
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<b>SUN CanSkate – Stage 2+:</b>	3:40–4:25 PM	\$190
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### Junior Academy (By Invitation Only)

For skaters age 10 and under who are still working on CanSkate skills but show strong interest and potential in figure skating. This program introduces foundational skills—jumps, spins, edges, and choreography—through small group lessons led by certified coaches. Skaters are assessed and selected from the CanSkate program. If your skater is interested, please contact us to request an assessment. **Skaters must attend both weekly sessions.**

*Fee includes all coaching and ice time.*

**\$565**

<b>TUES</b>	5:05–6:30 PM	<i>Includes some shared ice with advanced skaters. And Includes an off ice portion</i>
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<b>SUN</b>	3:00–4:25 PM	<i>Includes figure skating development, and a CanSkate session (10-minute break from 3:30–3:40 )</i>
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