

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! More information on our website under Products

Date: Friday, April 25, 2025

Time: 7:00pm

Location: Scotiabank Centre

Purchase tickets on HSC Club Website by March 19th



CanSkate

SPRING 2025

Learn to Skate Programs

Including: PreCanSkate, CanSkate, Teen and Junior Academy



April, May, June 2025

Tuesdays	Greenfoot Centre—Bedford
Thursdays	Centennial
Sundays	Centennial <i>EXCEPT June 1 & 8th—Greenfoot Centre</i>



HSC Awards Banquet

Saturday May 31, 2025

Atlantica Hotel *Details TBA*

Skate with an Olympian Day - Keegan Messing

Sunday June 1st

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*

No Ice - SUNDAY April 20th

Sunday May 4—everything 30min later

Sunday June 1—everything 1.5hr later at Greenfoot Centre

Sunday June 8 - normal times at Greenfoot Centre

PreCan /CS Stage 1	Session 1	Sundays	3:45-4:15	April 6—June 8 (9 weeks)
PreCan /CS Stage 1	Session 2	Sundays	4:15-4:45	April 6—June 8 (9 weeks)

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 (Sstage 1+)	Thursdays	6:10-6:55	April 10 - June 5 (9 weeks)
CanSkate Session 2 (All levels)	Sundays	3:00-3:45	April 6—June 8 (9 weeks)
CanSkate Session 3 (stage 1+)	Sundays	4:55-5:40	April 6—June 8 (9 weeks)

No Ice - SUNDAY April 20th

Sunday May 4—everything 30min later

Sunday June 1—everything 1.5hr later at Greenfoot Centre

Sunday June 8 - normal times at Greenfoot Centre

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 10 - June 5 (9 weeks)
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JUNIOR ACADEMY Invite Only

Invite Only from Mainstream CanSkate Program.

Figure Skating focus

2 day minimum a week program—no exceptions.

Skaters MUST be in good quality Figure skates approved for this level

April 1-June 10th

Skaters **Must skate the Thursday session** and then can choose Tuesday and/ or Sunday sessions

Sessions are split between learning basic Beginner figure skating skills/ 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**

April 10 - June 5 (9 weeks)

Tuesdays Greenfoot On Ice—5:50-6:50 *** Includes Off Ice class 5:00-5:35**

April 1—June 10th (11weeks)

April 8 - 5:40-6:40 on ice only

Sundays Centennial** 3:45—4:45

April 6—June 8 (9 weeks)

No Ice - SUNDAY April 20th

Sunday May 4—everything 30min later

Sunday June 1—everything 1.5hr later at Greenfoot Centre

Sunday June 8 - normal times at Greenfoot Centre



IMPORTANT NOTES—REGISTRATION

RETURNING MEMBERS (Fall 2023 - Winter 2025)

Wed March 12th 10am

WAIT LISTED (Fall 2024-Winter 2025)

Friday March 14th 10am

NEW MEMBERS (pending spaces available)

Monday 17th 10am

Please view our registration page on the website for the terms: RETURNING member, WAIT LISTED member and NEW member. Families registering before their allotted time will have their registrations removed from the system.

All members must pay the \$61.65 Skate Canada Membership fee yearly. (September 2024—August 2025) This include insurance for skaters and the club.

- Please view all other Club Policies on our website
- Questions? please contact halifaxskatingclub@gmail.com
- All registrations to be completed online at HalifaxSkatingClub.com



CanSkate PatinagePlus

Awards / Prix

Pre-CanSkate Ribbon

New Skaters

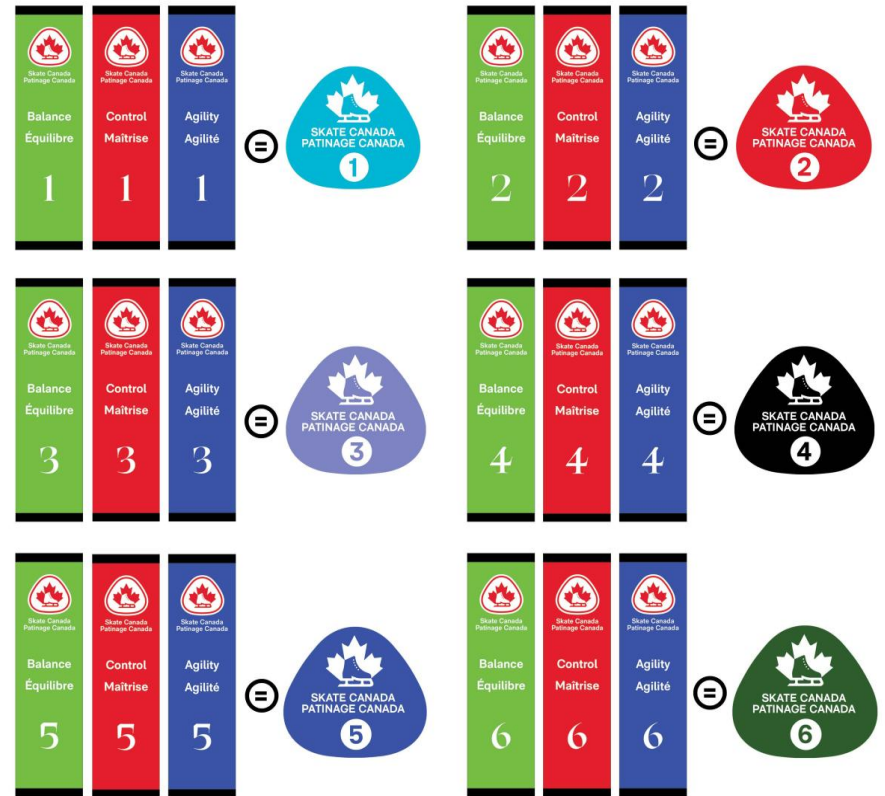


**Stage 1-6
Fundamental Ribbons**


BALANCE
CONTROL
AGILITY

+

**Stage 1-6
Badges**



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

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)

SEASONS OFFERED:

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

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

Junior Academy (invite only)



StarSkate PATHWAY

Academy BRONZE

- Star 1 Group
- Star 1-2
- 75—100% group/coach directed

Academy SYNCHRO

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

Academy SILVER

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

PODIUM PATHWAY

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

Academy GOLD

- Star 5+ & Competitive
- 25% group / Coach directed time
- working on all doubles and triples

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.

PA Training is held each Fall

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 August 2024

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