

# WINTER 2024 Learn to Skate Programs

Including: PreCanSkate, CanSkate, Teen and Junior Academy



January to March 2025

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

**CanSkate PatinagePlus**  
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)

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

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

**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**

- Pre-Novice, 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

**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, 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

## 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 / \$25 Fundraising fee will be collected at the WINTER Registration - (Sportssweep) one per family
- **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:

**Tuesday Dec 3 - 10am**

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

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

**Thursday Dec 5th - 10am**

Registrations for all others Opens:

**Monday Dec 9th 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, tun 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 SUNDAY March 2**

**PreCan Session 1** Sundays **2:30-3:00** Jan 5-March 30 (12 weeks)

**PreCan Session 2** Sundays **3:00-3:30** Jan 5-March 30 (12 weeks)

## 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. **No Ice SUNDAY March 2**

**CanSkate 1** (Stage 1+) **Thursdays** **6:10-6:55** Jan 2-March 27(13weeks)

**CanSkate 2** (All levels) **Sundays** **1:45-2:30** Jan 5-March 30 (12 weeks)

**CanSkate 3** (Stage 1+) **Sundays** **3:40-4:25** Jan 2-March 27(13weeks)

## 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** Jan 2-March 27(13weeks)

## 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 March 2**

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

**Sundays** **2:30-3:30**