



Hi Everyone,

Welcome to CanSkate! My name is Jessica, and I am the Head Coach here at the Kimberley Skating Club. Please direct any questions or concerns about any of the following information to [info@kimberleyskatingclub.com](mailto:info@kimberleyskatingclub.com) and we will get back to you as soon as possible!

CanSkate is Skate Canada's flagship learn-to-skate program. It is geared towards beginner skaters of all ages- skaters will earn badges and other incentives as they learn fundamental skating skills in Balance, Control, and Agility.

### **Safety and Equipment:**

#### **What do you need to participate?**

- Skates
- CSA- approved hockey helmet (no goalie masks)
- Mittens/gloves (Mandatory)
- Long Pants
- Warm Sweater or Jacket

#### **Proper Fit**

Skaters attending our sessions will have more fun and advance faster if they are properly and safely equipped. This means making sure that:

- Skates fit comfortably
- There is room for toes to wiggle slightly
- Heels do not lift inside the skate more than ¼ inch
- An adult finger can fit in the top of the boot when done up.
- Excess laces are tucked or tied up so that they do not hang loose or drag on the ice

#### **Equipment Care**

To protect the skate blades from damage, use the following tips and tricks:

- skate guards should be worn in any area that is not protected by rubber mats.
- At the end of every session the blades should be wiped with a dry cloth to prevent rusting.
- Skate sharpening should be done periodically. We recommend Players Bench.

#### **Helmets**

- A CSA approved hockey helmet must be worn by all skaters at or below Stage 5 ([please see Skate Canada Helmet Policy for further details](#)).

For more information regarding proper equipment, [click here](#)

### **CanSkate Program information:**

#### **Who teaches CanSkate?**

NCCP- certified professional coaches (Jessica and Kelsey), 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/PA-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.

For more information about our CanSkate program, [click here](#)

## **Facility information**

### **Entry**

Skaters will be entering the Civic Centre arena through the Creek side doors. These are the doors to the left of the arena when looking at the main entrance.

### **Dressing Rooms**

Dressing rooms will be unlocked for use during CanSkate- Please refer to the dressing room board before each session to ensure you are in the correct room.

### **Nametags**

Nametags will be located on the bench right by the door to get on the ice. Please make sure your skater is wearing their name tag during every session. The name tags should not go home with you. If we forgot to grab your skater's nametag, please leave it on the bench and we will collect it after the session.

If your nametag is lost or damaged, please let me know.

## **Club information**

All sessions will take place at the Kimberley Civic Centre from 4:15-5:00pm on Mondays and Wednesdays.

## **Calendar of Events**

Our Calendar of Events for each program is located on the home page of our website at <https://www.kimberleyskatingclub.com/>

If anyone has any questions or concerns, please feel free to contact me!

Thanks everyone and happy skating,  
Jessica Grajczyk, BKin