

Hi Everyone,

Welcome to CanSkate, Skate Canada's flagship learn-to-skate program! CanSkate 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.

My name is Daniela, and I am one of the coaches here at the Kimberley Skating Club. Please direct any questions or concerns about any of the following information to headcoach@kimberleyskatingclub.com and I will get back to you as soon as possible!

Important Information:

Who teaches CanSkate?

NCCP- certified professional coaches (Jessica and Daniela), 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.

What do you need to participate?

- Skates (please check that they have been sharpened prior to skating)
- CSA- approved hockey helmet (no goalie masks)
- Mittens/gloves
- Long Pants
- Warm Sweater or Jacket

Schedule Canskate

January 6th – March 5th on Monday's and Wednesday's from 4:30-5:15pm.

Schedule Pre-Canskate

January 6th – March 5th on Mondays and Wednesdays from 4:45-5:15pm. Skaters will start with an off ice warm up before going on the ice. This will happen by the gate that we use to enter the ice.

Entry

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

Calendar of Events

Please check the front page of our website for Canskate & Pre-Canskate information and updates.

There will be no skating on Monday February 17th for Family Day. We will have a few fun days throughout the program as well. On January 22nd we will have Pajama Day. Wear your Pjs and bring your stuffies. Please make sure that you can skate in what you're wearing and that it's not too long. February 10th and 12th are part of our Valentine's week. Wear your red and pink to help us celebrate.

Thanks everyone and happy skating!

Kind Regards,

Daniela Hewison